



K.D.S. RECIPE BOOK



a meal of perfection with **TASTIC**

To Reina
With Love
for your Birthday
from Janice

5/3/65



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Cover Picture Recipe

TASTIC ORANGE SALAD

Ingredients:

- 2½ Cups Chicken Gravy
- 2 Tablespoons Oil
- 2 Tablespoons Finely Chopped Parsley
- ¾ Cup Chopped Nuts
- 1 Cup Uncooked Tastic Rice
- Salt for seasoning

Method:

Add together chicken gravy and rice in a saucepan. Bring to a boil, cover and allow to simmer until all the liquid is absorbed. Remove from stove and stir in the oil, nuts and parsley. Make decorative orange cups out of orange halves and serve the rice in them.

King David Schools Recipe Book **1964**

Obtainable from:
MANAGEMENT COMMITTEE OFFICE
Phone 45-6225. Box 12, ORANGE GROVE, JOHANNESBURG.

*Our sincerest thanks to
JEANETTE COHEN and DINA MARSHAK
who with their willing band of helpers
have made this book a reality.*

*Also our thanks to
MR. SAM BUSA and MR. MAURICE AUGUST
for their kind co-operation.*

Drawings by ABE BERRY.

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Foreword

If the recipe could be found for funding the budgetary needs of the South African Board of Jewish Education with the same assuring aplomb and alacrity as the presentation of this truly outstanding book, there need be no doubt but that we will have secured our spiritual future.

Since both the epicureal and spiritual needs must quite understandably be assured, this outstandingly wonderful effort of our convenor Dina Marshak, and Jeanette Cohen who compiled and edited this presentation, is gratefully acknowledged by the Management Committee of the King David Schools and the S.A. Board of Jewish Education.

The remarkable growth of the King David Schools over the last decade, reflects an encouraging and growing demand by the Jewish public of South Africa for the integrated type of education afforded by the Jewish Day Schools.

In the process their growth and expansion has placed a tremendously great burden of responsibility upon the shoulders of those who have sought to devote themselves to the arduous, tiresome, yet most important task of fund-raising.

The Day Schools aim to provide their scholars with the best possible synthesis of secular and Jewish knowledge under conditions that cannot entirely or remotely be described as ideal.

The greatest problem besetting the cause of Jewish Education is the communities' inability to find a satisfactory formula and solution to this vexing problem of "funding" Jewish Education which is the very pinion around which our Jewish culture and spiritual values evolve.

Any evaluation of the progress of our schools over the last 16 years must be seen in the content of the proportionate needs of the present day and the anticipated future requirements.

To that wonderful and truly magnificent little band of workers and to those responsible who have contributed so much time and effort to make this most comprehensive, informative and brilliant recipe book possible, may I say on behalf of the King David Schools and the S.A. Board of Jewish Education.

Thank you so very much.

LOUIS SACHS,
Chairman.

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Measures and Equivalents

Accurate measurements are essential for good results. Use standard measuring cups and spoons.

A standard American measuring cup equals $\frac{1}{2}$ pint (8 fluid ounces).

A standard American tablespoon holds $\frac{1}{4}$ oz. flour.

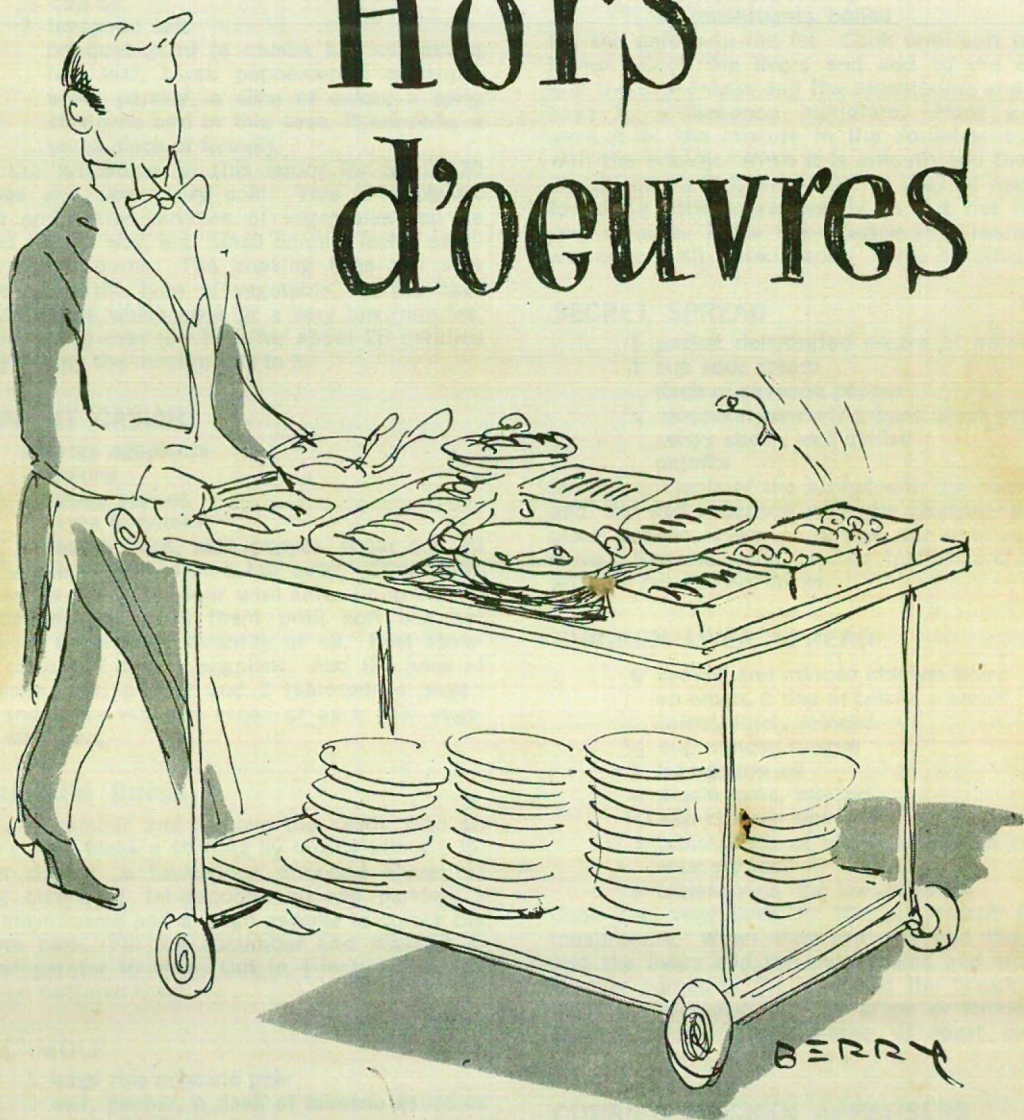
A standard American teaspoon holds $\frac{1}{3}$ of a tablespoon.

All measures are level unless otherwise stated.

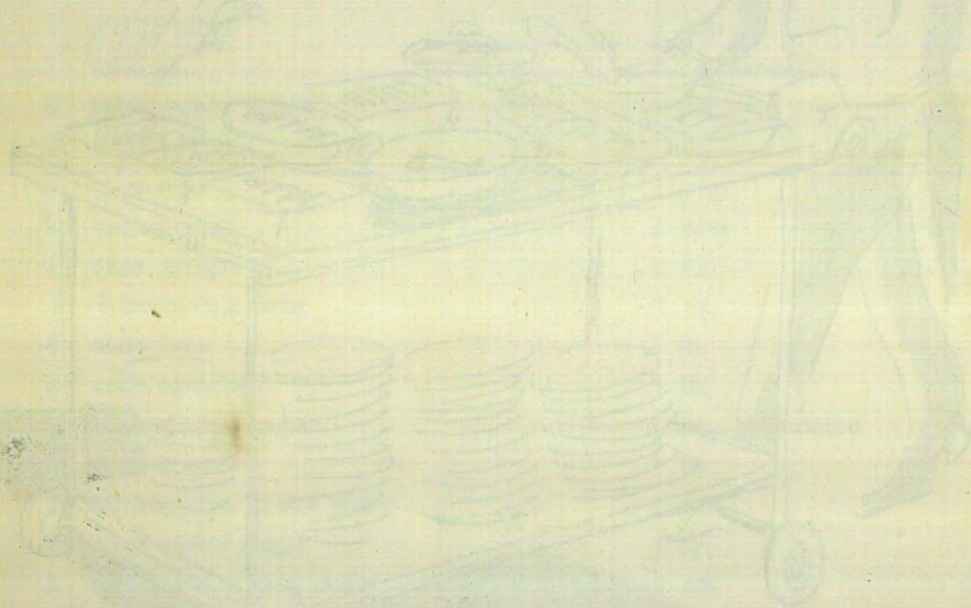
One cupful means to the cupmark and NOT to the brim of the measure cup.

3 teaspoons	=	1 tablespoon
4 tablespoons	=	$\frac{1}{4}$ cup
1 gill ($\frac{1}{2}$ pint)	=	$\frac{1}{2}$ cup
1 fluid oz.	=	2 tablespoons
2 tablespoons butter	=	1 oz.
2 cups butter	=	1 lb.
2 cups milk	=	1 pint
2 cups cream	=	1 pint
$1\frac{1}{2}$ cups syrup	=	1 lb.
4 tablespoons flour	=	1 oz.
4 cups flour	=	1 lb.
3 cups cornflour	=	1 lb.
2 tablespoons sugar	=	1 oz. granulated
2 cups sugar	=	1 lb. "
$2\frac{1}{4}$ tablespoons castor sugar	=	1 oz.
$2\frac{1}{2}$ cups castor sugar	=	1 lb.
3 tablespoons icing sugar	=	1 oz.
$3\frac{1}{2}$ cups icing sugar	=	1 lb.
4 cups nuts (coarsely chopped)	=	1 lb.
3 cups seedless raisins	=	1 lb.
$5\frac{1}{2}$ cups coconut	=	1 lb.
$3\frac{1}{2}$ cups currants	=	1 lb.

Hors d'oeuvres



Holt's Catalogue



ARTICHOKES A LA GREQUE

Pull off the hard outside leaves of the artichokes and cut off the remaining spikes with a sharp kitchen scissors. The artichokes should be about two-thirds of their original height. Squeeze lemon juice over them and plunge them into the following sauce:

Boil together:

2½ cups water

½ cup oil

1 teaspoon salt

bouquet garni (a muslin bag containing bay leaf, black peppercorns, coriander seed, parsley, a slice of onion, a sprig of thyme and in this case, if possible, a small piece of fennel).

Cook the artichokes in this liquor for about 20 minutes and serve very cold. This is a classic recipe and many varieties of vegetables can be cooked in this way, e.g. small onions, leeks, cauliflower, mushrooms. The cooking time will vary according to the type of vegetable. In the case of mushrooms which cook in a very few minutes, boil the sauce over low heat for about 20 minutes before adding the mushrooms to it.

EGGPLANT CAVIAR

2 large eggplants

2 onions

1 green pepper

2 large tomatoes

lemon juice, salt, pepper, sugar and oil

Place whole eggplants in a hot oven. Allow them to bake for nearly an hour until soft. Chop onions and pepper and cook them until soft but not brown in a generous quantity of oil. Peel tomatoes, chop and add to eggplant. Add the juice of 2 lemons, salt, pepper and 2 tablespoons sugar. Chill and serve with rye bread or as a cold vegetable with meat.

CUCUMBER RINGS

Skin a cucumber and remove the seeds with an apple corer. Make a stuffing by mixing about ½ lb. cream cheese, a tablespoon chopped chives or spring onions, ½ tablespoon chopped parsley, a little mayonnaise and enough paprika to colour the mixture pink. Fill the cucumber and place it in the refrigerator to chill. Cut in ½-inch slices and serve on buttered toast.

GUACAMOLE

1 large ripe avocado pear

salt, pepper, a dash of tabasco sauce or a little chilli powder

juice of half a lemon

1 tablespoon finely minced onion
mayonnaise

Rub a bowl with garlic. Mash the avocado pear in the bowl and season with the salt and pepper. Stir in the onion and a few tablespoonsful of mayonnaise. Use as a spread or a dip.

CHICKEN LIVER MOUSSE

Here is a wonderful recipe for a liquidiser or electric blender. I find that so many people have this wonderful appliance and simply do not know how or when to use it.

¼ lb. chicken fat

1 lb. chicken livers and 2 large onions
salt, pepper

2 hard-boiled eggs

2 tablespoons brandy

½ lb. mushrooms, boiled

Fry the onions in the fat. Cook until soft but not brown. Cook the livers and add to the onions. Add the seasonings and the mushrooms and if you have it, ½ teaspoon marjoram. Place a small amount of the mixture in the liquidiser together with the brandy. When it is smooth add the other ingredients, a little at a time. It may be necessary to add a little more brandy to get the mixture very smooth. Place the mousse in a round bowl and cover with waxed paper. Serve on crisp toast.

SECRET SPREAD

1 packet dehydrated cream of onion soup

1 cup sour cream

dash of cayenne pepper

¼ teaspoon coarsely ground black pepper
celery sticks, well chilled
paprika

Mix the contents of the packet with the sour cream and stir well. Season with the cayenne and the black pepper. Place in refrigerator until ready to serve. Sprinkle with paprika just before serving with the crisp celery sticks.

CHICKEN LIVER SPREAD

6 cooked and minced chicken livers
an onion, 2 ribs of celery, a small
carrot, finely minced.

½ cup minced tongue

1 tablespoon oil

4 mushrooms, minced

½ cup chicken stock

3 tablespoons of lemon juice or juice from
sour grapes

3 tablespoons fine breadcrumbs

Cook the vegetables in the oil, except for the mushrooms. When they are soft add the stock. Add the livers and the mushrooms and when the mixture comes to the boil, add the breadcrumbs. Turn off heat and add the grape or lemon juice. Spread on 24 small pieces of toast cut into rounds.

CURRIED CHICKEN APPETISERS

1 lb raw chicken meat, minced

1 small onion, minced

2 egg yolks

2 teaspoons salt and curry powder mixed

Form mixture into marble-sized balls and fry in deep fat until lightly browned. Serve with toothpicks.

PINWHEELS

- 1 loaf slightly stale white bread
- ½ lb. cheddar cheese
- cream
- tomato ketchup
- paprika

Cut the crusts off the bread and slice loaf into 5 slices, lengthwise. Grate the cheese finely and moisten with cream and ketchup. Spread this mixture on the bread slices. Roll each slice like a swiss roll and wrap tightly in wax paper. Twist the ends of the paper in order to seal. Store overnight in refrigerator. When needed, slice into ½-inch slices and place on a baking sheet and brown under the griller. Sprinkle with paprika before baking. You can vary the filling according to your own taste.

HORS D'OEUVRES MADE IN PLASTIC EGG-HOLDERS OR IN MUFFIN TINS

Pour a little strong, pure chicken broth into the bottom of each section of a plastic egg holder. (Pure chicken broth, especially when a knuckle of veal has been added in the making of it, will jell without the addition of gelatine.) Place in refrigerator. When the soup has set place on it any filling you please, e.g., chopped chicken mixed with mayonnaise and chopped mustard pickles, hard-boiled eggs and mayonnaise with a few chopped olives. The possibilities are endless. Over this mixture pour a little more cold but not solidified soup. Place in refrigerator and unmould on watercress or lettuce leaves before serving.

ANCHOVY TURNOVERS**DOUGH**

- ½ lb. flour (2 cups)
- ½ lb. butter
- ½ lb. cream cheese

Grate butter into flour. Add cream cheese. Roll into a ball. Leave in refrigerator for at least an hour. Roll out the dough about ¼-inch thick and cut into rounds. Put ½ teaspoon anchovy paste in the centre of each round. Moisten edges and press together. Prick tops. Place on baking tin and chill. Brush with beaten egg and bake in a very hot oven—450 deg.—for about 8 minutes.

MELON AND GINGER COCKTAIL

If available use several varieties of melon. Cut the melon into balls. Cover them with the following sauce:

Boil together for about 10 minutes:

- 1½ cups sugar
- ½ cup water
- 1 teaspoon ginger
- 2 tablespoons lemon juice
- 2 sprigs mint

Pour over the melon balls and chill for as long as possible before dinner.

ORANGES WITH AVOCADO DRESSING

Peel as many oranges as there are guests. Be careful to remove all white membrane. Cut each orange into crosswise slices. Cover with the following dressing. Grate the rind of 3 oranges. Pour boiling water over this rind and throw the water away. This takes the bitterness out of the orange peel. Mash an avocado pear, add the rind, the juice of a lemon, 1 tablespoon of French mustard and 2 tablespoons mayonnaise. Pour this over the orange slices. Sprinkle with parsley after testing for salt and pepper.

HOT MUSHROOM BOUCHEES

- 2 tablespoons minced onion
- 1 cup sliced fresh mushrooms
- 4 tablespoons butter
- 2 tablespoons minced parsley
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 egg

Saute onion and mushrooms until soft. Add sieved hard-cooked eggs, parsley, salt and pepper. Beat egg slightly and stir in, and cook just long enough to heat. Spread on rounds of toasted bread and sprinkle with grated cheese. Place under griller.

BRINJAL-LIKE CHOPPED LIVER

- 1 large brinjal
- 2 hard-boiled eggs
- salt, pepper
- 2 onions

Cut brinjals into slices with the skin. Fry on both sides till brown. Fry one onion until golden brown. Mince brinjal, the fried and the raw onion and one hard-boiled egg. Season to taste. Decorate with the other egg.

TEL AVIV BRINJAL

- 1 large brinjal
- 1 egg
- 1 small tin tomato puree
- garlic, flour, salt and pepper

Cut brinjals into slices. Do not peel. Sprinkle with salt and crush a little garlic on each slice. Put 2 slices together. Dip this sandwich in flour and then beaten egg. Fry on both sides in oil. Place the brinjal over tomato puree in a saucepan and cover with just enough water to cover. Season with salt, pepper and a little sugar. Cook for 10 minutes and serve either hot or cold.

PICKLED BRINJALS

Buy only the tiniest brinjals for pickling. Boil with skins until soft but still firm. Cut off both ends and slice brinjals into 3 or 4 slices. Sprinkle salt and pepper over them. Place in pickling jars together with a little garlic and a few chillies. Cover with boiled vinegar or a slightly diluted vinegar. Leave in refrigerator for a week before using.

GREEK BRINJAL SPREAD — TARATA

- 2 large brinjals
- 4 tablespoons olive oil
- $\frac{3}{4}$ cup sliced onions
- 1 cup sliced green peppers
- 2 cloves garlic, crushed
- $\frac{1}{2}$ teaspoons salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ cup yoghurt

Peel the brinjal. Saute in the oil with the onions and the green pepper. Add the garlic when the vegetables are soft but not brown. Season. Cool and then mix in the yoghurt. Serve very cold with thinly sliced brown bread.

ONION TART

- 4 tablespoons oil
- 2 tablespoons butter
- 4 cups chopped onions
- $1\frac{1}{2}$ cups diced tomatoes
- 2 cloves garlic, crushed
- $\frac{1}{2}$ teaspoons salt
- $\frac{1}{2}$ teaspoon black pepper
- pastry for 2-crust pie (see pastry section)
- 1 cup sliced black olives
- 8 anchovies, minced
- 4 tablespoons minced parsley

Soften the onions in the oil and butter. Add the tomatoes, garlic, salt and pepper. If the tomatoes are very sour add a little sugar. Stir frequently and cook for about 10 minutes. Cool this mixture. Roll out the pastry to fit 2 shallow pie dishes or a large baking tin. Spread the cooled onion mixture on the pastry and sprinkle with the olives, anchovies and parsley. Bake in 425 deg. oven for about 20 minutes. Serve hot.

FRENCH ONION TART

Line a pie dish with a rich short pastry (see pastry section).

Saute 2 lbs. sliced onions in butter to which you have added a little oil. This prevents the butter from burning. Take the onions off the fire and add 2 beaten eggs and 2 ozs. grated cheddar cheese. Bake in a 400 deg. oven for about 25 minutes.

AVOCADO COCKTAIL

Chill firm, small avocados. Peel and slice. Soak for about 5 minutes in a chilled french dressing. Serve in lettuce nests on individual plates. Sprinkle with cayenne pepper and garnish with mint.

APPLE COCKTAIL

- 3 cups apple juice
- 3 tablespoons lemon or orange juice
- 1 pint chilled ginger ale
- $\frac{1}{4}$ pint chopped dessert apples
- 6 chopped glace cherries

Chill apple juice. Add lemon or orange juice. Add ginger ale. Dip rims of 6 large cocktail glasses in orange or lemon juice and then into castor sugar. Divide apple equally into the glasses. Cover each with an equal amount of the apple-juice mixture. Sprinkle with chopped cherries and garnish with a sprig of green mint. Serve immediately.

BRANDIED GRAPEFRUIT

$6\frac{1}{2}$ grapefruits

Remove cores and seeds and sprinkle with brown sugar. Pour 1 tablespoon brandy over each and allow to marinate for $\frac{1}{2}$ hour. Bake in 350 deg. oven until hot and bubbling. Serve very hot.

GRAPEFRUIT BURGUNDY

- $\frac{1}{2}$ cup grenadilla juice
- $\frac{1}{2}$ cup orange juice
- 1 dessertspoon lemon juice
- $\frac{1}{2}$ cup sugar

Boil the fruit juices and the sugar over low heat until it becomes a medium syrup. Cool it and add $\frac{1}{2}$ cup red wine. Pour some syrup over each grapefruit half and decorate with mint-leaf chips.

MINT LEAF CHIPS

Wash 2 cups mint leaves. Dry them well. Now dip them into unbeaten egg white. Dust powdered sugar on a bread board and lay the mint leaves on the sugar. Press them very lightly, turn them over and press them again. Leave them on a baking tin in the refrigerator. They will become stiff like potato chips and can be eaten in the same manner and they can also be used for garnishing.

CALIFORNIAN SUMMER COCKTAIL

Use oranges and 2 or 3 different kinds of melons. Scoop out melon with a melon baller. Drop the ball into a syrup made from 1 cup water boiled together with 1 cup sugar. Now add the orange sections and whatever other fruit you fancy. Finally add 1 cup boiled, chilled sultanas and a few tablespoonfuls of sherry.

DIPS AND DUNKS**COCKTAIL SAUCE FOR SEAFOOD**

- 1 cup mayonnaise
- $\frac{1}{2}$ cup chilli sauce
- 2 tablespoons tomato sauce
- $\frac{1}{4}$ cup prepared horseradish
- 1 teaspoon worcester sauce
- a few drops tabasco sauce

TUNA FISH COCKTAIL

- $1\frac{1}{2}$ cups flaked canned tuna fish
- $\frac{3}{4}$ cup sauce (as above)

You can fry small balls of gefilte fish mixture. Place cocktail sticks in each ball and serve them with the seafood cocktail sauce for dunking.

CURRIED CHEESE DUNK

- 2 cups cream cheese
- 6 tablespoons mayonnaise
- 4 tablespoons cream
- 3 teaspoons curry powder
- 1 teaspoon salt

Combine all the above ingredients.

PIZZA**DOUGH:**

Dissolve 1 cake yeast in $\frac{1}{4}$ cup warm water. Scald $\frac{3}{4}$ cup milk. Allow to cool till lukewarm and add to yeast together with:

- 2 tablespoons oil
- 1 tablespoon sugar
- 1 teaspoon salt

Mix well and add $2\frac{1}{2}$ cups flour. Knead and allow to rise for $1\frac{1}{2}$ hours. Press dough into shallow buttered pyrex pie plates or 2 large tins, 15 ins. x 10 ins. Allow to rise for about 45 minutes.

In the meantime prepare the filling as follows:

Strain off the juice from two $2\frac{1}{2}$ lb. tins of Italian tomatoes (these are the long pear-shaped ones which are not as watery as ordinary tomatoes). Add 2 tablespoons chopped parsley to the tomatoes together with 1 tablespoon chopped mint, $\frac{1}{2}$ teaspoon basil, 1 teaspoon oreganum and salt, pepper and sugar to taste. Squeeze into the mixture 4 cloves fresh garlic. Pour over the dough. Slice sweetmilk cheese over the tomatoes and decorate with anchovies to form a lattice. In each diamond formed by the anchovies place a stoned black olive. Bake in 425 deg. oven for about 25 minutes.

PIZZA PIE

Make enough flaky pastry dough for one 9 in. pie. Line the dish and crimp the edges. Slice one block Melrose cheese over the dough. Now slice 4 large tomatoes over the cheese. Lay 1 tin anchovy fillets in a lattice pattern over the tomatoes. Place an olive which has been pitted in the centre of the diamond made by the anchovies. Pour the oil from the anchovies over the filling and bake in a moderately hot oven for about 20 minutes.

SAVOURY CHEESE TART

Roll out unsweetened pastry dough to fit a 9 in. tart dish (see pastry).

FILLING:

- $1\frac{1}{2}$ cups grated cheddar cheese
- 1 finely grated onion
- 1 teaspoon salt
- 1 teaspoon mustard
- 3 eggs
- $\frac{1}{2}$ cup milk

Mix all the ingredients and pour into dish. Sprinkle with paprika and bake in a 450 deg. oven for 10 minutes and turn down heat to 375 deg. for another 35 minutes.

GOLDEN PENNIES

- $\frac{1}{2}$ lb. grated cheddar cheese
- $\frac{1}{4}$ lb. butter
- 1 cup sifted flour
- $\frac{1}{2}$ teaspoon salt
- dash of cayenne pepper

Combine butter and cheese into a creamy mixture. Sift flour, salt and pepper and add kneading into a smooth dough. Chill well and roll about $\frac{1}{4}$ -in. thick and cut into very small rounds. Bake in a 350 deg. oven for about 15 minutes. Good to serve with tomato soup.

CHEESE ROLL

- $\frac{1}{2}$ lb. strong cheddar cheese
- $\frac{1}{4}$ lb. cream cheese
- $\frac{1}{4}$ lb. roquefort cheese
- 2 tablespoons onion juice
- $\frac{1}{4}$ teaspoon tabasco
- 1 tablespoon mayonnaise
- paprika

Grate the cheddar cheese, mash and mix with the other cheeses. Add the other ingredients and form a long roll about 2 in. in diameter. Sprinkle paprika on a sheet of waxed paper and roll the cheese roll in it. Place in refrigerator to chill. When ready to serve, slice and serve on round savoury biscuits.

COCKTAIL CHEESE PUFF

- 1 egg
- $\frac{1}{2}$ lb. grated cheddar cheese
- worcester sauce
- salt, pepper

Beat the egg and add to the cheese. Add worcester sauce and salt and pepper. Spread on rounds of toast, arranging mixture so that it is higher in the centre. Leave under the griller for a minute or two.

CHEESE SABLES

- 6 ozs. butter
- 6 ozs. cheese
- 6 ozs. flour
- salt and pepper

Grate the butter into the flour and rub, then add the grated cheese and the seasoning. Leave in a cool place for 10 minutes. Roll out to $\frac{1}{4}$ -in. thickness and cut into wide strips, then into triangles. Bake 10 minutes in a 425 deg. oven.

WALNUT SABLES

- 6 ozs. flour ($1\frac{1}{2}$ cups)
- 4 ozs. butter
- 2 ozs. chopped walnuts or pecan nuts
- 3 ozs. grated cheese
- salt and pepper
- $\frac{1}{2}$ teaspoon paprika

The method is the same as for cheese sables. Add the nuts with the cheese. These biscuits are delicious served plain as a savoury. They can also be filled with a savoury filling.

CHEESE STRAWS

- 6 ozs. flour
- 4 ozs. butter
- $1\frac{1}{2}$ ozs. grated parmesan cheese
- salt, pepper and cayenne
- a little beaten egg

Rub the butter into the flour and add the grated cheese and seasonings. Bind with the beaten egg and a spoonful of water if necessary. Roll out and shape into a rectangle. Cut across into strips. Twist the strips and bake on a buttered and floured baking sheet in a 425 deg. oven for about 10 minutes.

HOT CHEESE BALLS

- 2 teaspoons flour
- $\frac{1}{2}$ teaspoon salt
- dash of paprika
- 2 teaspoons minced green pepper or pimiento
- 1 egg white
- $\frac{1}{4}$ cup finely chopped salted peanuts

Mix flour, paprika, salt and cheese. Add pimiento. Fold stiffly beaten egg white into cheese mixture. Form into small balls and roll into nuts. Fry in deep hot fat until golden brown.

MELON COCKTAIL

- 1 cup melon balls
- 1 firm sweet apple
- 2 tablespoons maraschino syrup
- 1 cup chilled seedless green grapes
- 6 maraschino cherries
- pinch salt

With a fruit-baller, ball the melon and the apple. Add the syrup, grapes and the salt and chill well. Garnish each with a cherry and a sprig of mint. For special occasions add 1 teaspoon Grand Marnier to each cocktail.

VEGETABLE CHEESE DUNK

- 2 cups skim milk cheese
- $\frac{1}{4}$ cup cream
- $\frac{1}{4}$ cup grated raw carrot
- $\frac{1}{2}$ cup chopped spring onion
- $\frac{1}{4}$ cup chopped green pepper
- 6 radishes, sliced very thin
- salt and pepper

Mix all the ingredients and surround with potato chips.

HORSERADISH CREAM CHEESE DIP

- 6 ozs. cream cheese
- $\frac{1}{4}$ cup sour cream
- 3 tablespoons horseradish
- salt and pepper to taste
- paprika
- tabasco sauce
- 2 tablespoons chopped parsley

Mash the cheese and blend in the sour cream. Add the horseradish and seasonings. Beat until the mixture is light and fluffy. Chill and sprinkle with parsley. Serve with raw vegetables cut into bite-size pieces.

HOT GARLIC-BUTTERED BREAD

Heat oven to 400 deg. Cut a French loaf into slices but not right through to the bottom crust. Cream enough butter in a bowl that has been rubbed with garlic to spread on the slices. Add more crushed garlic if necessary. Arrange the loaf on a baking sheet or on aluminium foil and heat for about 10 minutes.

TARAMASALATA

This is one of the most famous appetisers in the world. It can be used as a spread or as a dip.

- 1 8 oz. tin codfish roe
- 1 3-in. slice of white bread, crusts removed, and then soaked in water
- 1 onion
- 1 cup oil
- $\frac{1}{2}$ cup lemon juice
- salt and pepper to taste

Squeeze the water out of the bread. If you have a liquidiser place all the ingredients in the bowl and liquidise until you have a smooth sauce, otherwise you must mash the ingredients and grate the onion.

VEGETABLE FONDUE

- 1 small head raw cauliflower
- 12 young carrots, raw
- 4 baby marrows, raw
- 4 cucumbers, raw
- celery sticks
- radishes

FONDUE

Rub a casserole with a clove of garlic. Add 1 cup white wine and bring almost to the boil. Add $\frac{1}{2}$ lb. grated swiss cheese dredged with 1 tablespoon flour. Stir constantly with a fork until the cheese is melted. Add salt, pepper and a pinch of nutmeg. When the fondue starts to melt add 3 tablespoons kirsch. Dip the vegetables into it.

SALMON SAVOURY

- 1 large tin salmon
- $\frac{1}{2}$ cup mayonnaise
- 1 chopped gherkin
- 1 stalk chopped celery
- 1 medium chopped onion
- salt and pepper
- dash of tabasco sauce
- $\frac{1}{4}$ lb. grated cheese

Flake salmon and mix together with the mayonnaise, gherkin, celery, onion, salt, pepper and tabasco sauce. Top with the grated cheese. Place under the grill for about 10 minutes to allow cheese to melt and the salmon savoury to warm. This recipe can be prepared in a large vol-au-vent or directly in a greased pyrex dish. (For vol-au-vent recipe see pastry section).

HORS D'OEUVRE FRITTERS

- $\frac{1}{2}$ cup flour
- $\frac{1}{8}$ teaspoon salt
- 1 egg yolk, beaten
- $\frac{1}{2}$ cup beer
- 1 tablespoon oil
- 1 egg white, stiffly beaten
- oil for deep frying

Sift the flour into a bowl. Stir in the beer and egg yolk until smooth and then the tablespoon oil. Allow to stand for 1 hour and fold in the egg white. Dip the selected ingredients, fish, meat, cauliflower, etc., in the batter, coating it well. Heat the oil in a saucepan and drop the mixture into it. Fry until brown on all sides.

TOASTED CHEESE CUBES

Cut fresh white bread into large cubes about 1½-2 ins. in each direction. Spread with a light layer of cheese spread (as sold in jars) on all sides except one. Place this side down on a greased baking sheet and bake quickly in a hot oven until golden brown on all sides. Serve hot. This can be made a little unusual and tasty, too, if each cube is served with a drained mandarin orange slice.

PARAVA CHICKEN LIVER

- 1 lb. shelled walnuts
- 3 hard-boiled eggs
- 1 small onion, fried in oil
- pinch salt

Mince all ingredients together. Add salt, mash with fork. Decorate with hard-boiled egg and parsley and serve.

CHEESE BITS

- | | |
|-----------------------|------------------|
| 2 cups flour | cayenne pepper |
| 2 cups grated cheese | pinch of mustard |
| 1 teaspoon salt | cold water |
| ¼ lb. butter | flavoured salt |
| 1 tspn. baking powder | dry curry |

Method:

Mix dry ingredients. Rub in butter, and add the grated cheese. Mix with ice cold water to a stiff dough. Roll out. Use small fancy cutters to cut out. Bake in medium oven (375°F) for a few minutes. When removed from the oven, sprinkle with flavoured salt and a touch of dry curry.

TANGY DIP

- | | |
|-----------------------|------------------------|
| 2 small green peppers | ½ tspn. salt |
| 1 lb. sharp cheese | ½ tspn. black pepper |
| 2 hard cooked eggs | 2 tbspsn. grated onion |
| 1 cup stuffed olives | ½ clove garlic, minced |

Method:

Remove centre and stem from green peppers. Run through fruit grinder with cheese, eggs and olives. Add remaining ingredients and mix well. Chill to allow flavour to mellow. Serve with crackers or chips.

PARAVA CHICKEN LIVER (2)

Mince together 1 cup cooked green beans and 8 walnuts. Fry a large onion, finely sliced, in butter and mince together with 2 hard-boiled eggs. Season with salt and pepper and a little cinnamon. Decorate.

ONION CHIP DIP

A quick and delicious dip can be made for dunking potato chips by mixing one packet of dried cream of onion soup with ½ pint sour cream. Mix well and leave in refrigerator for 24 hours before using. For variety add one or more of the following: Chopped green peppers, chopped chilli, chopped celery, chopped gherkin, 1 tablespoon chutney, chopped nuts, chopped parsley or mint, chopped green olives.

CHEESE DIP

- | | |
|------------------------|------------------------|
| 2 3-oz pkgs. cream | ¼ tspn. salt |
| cheese | 3 cloves garlic—finely |
| 3 tbspsn. light cream | cut |
| 1 tbspn. mayonnaise | 1 tspn. lemon juice |
| ½ tspn. paprika | 1 tspn. prepared mus- |
| 1 tspn. Worcestershire | tard |
| sauce | Chips or crackers |

Method:

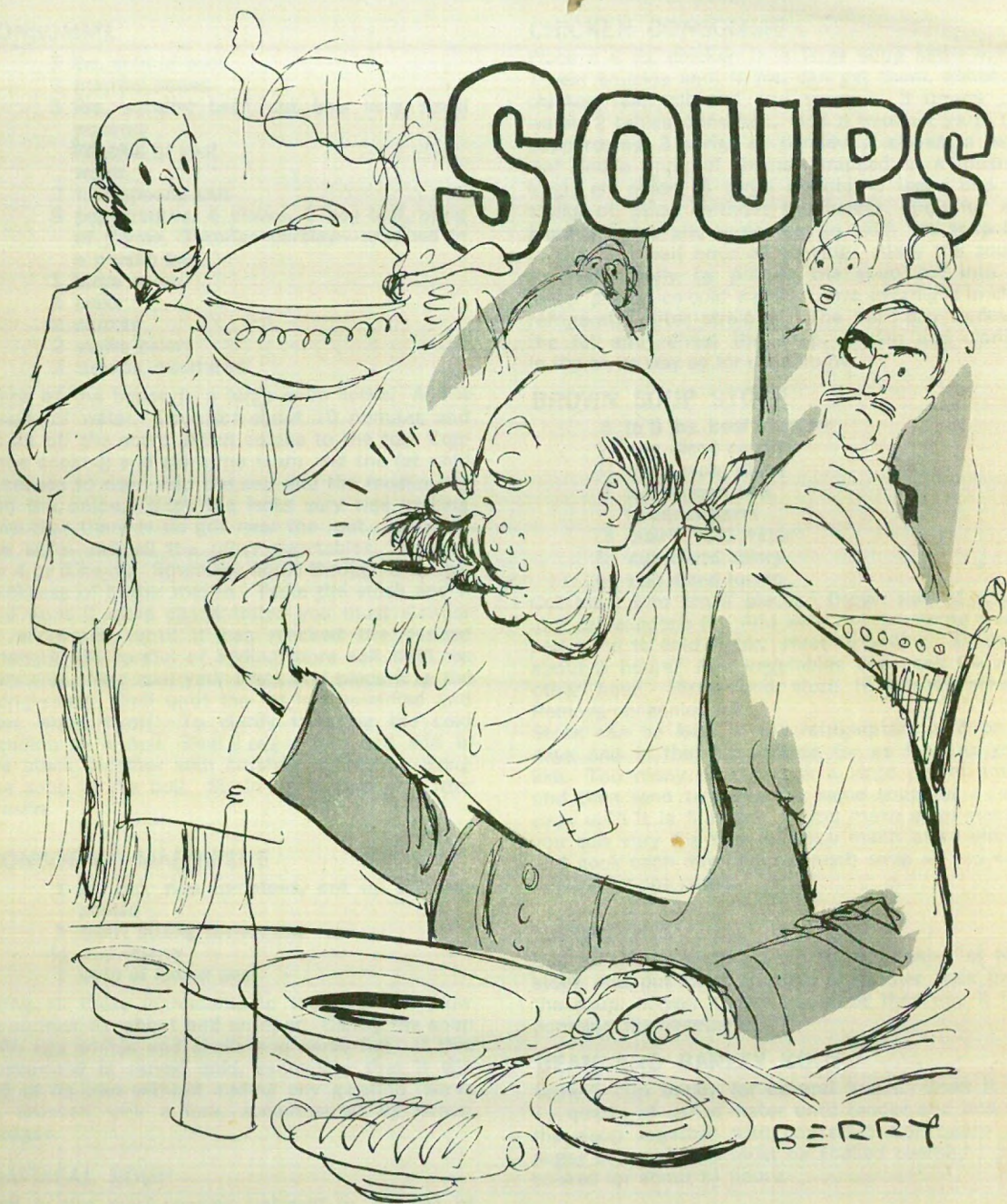
Mix cheese with cream until smooth and add other ingredients. Serve with chips or crackers.

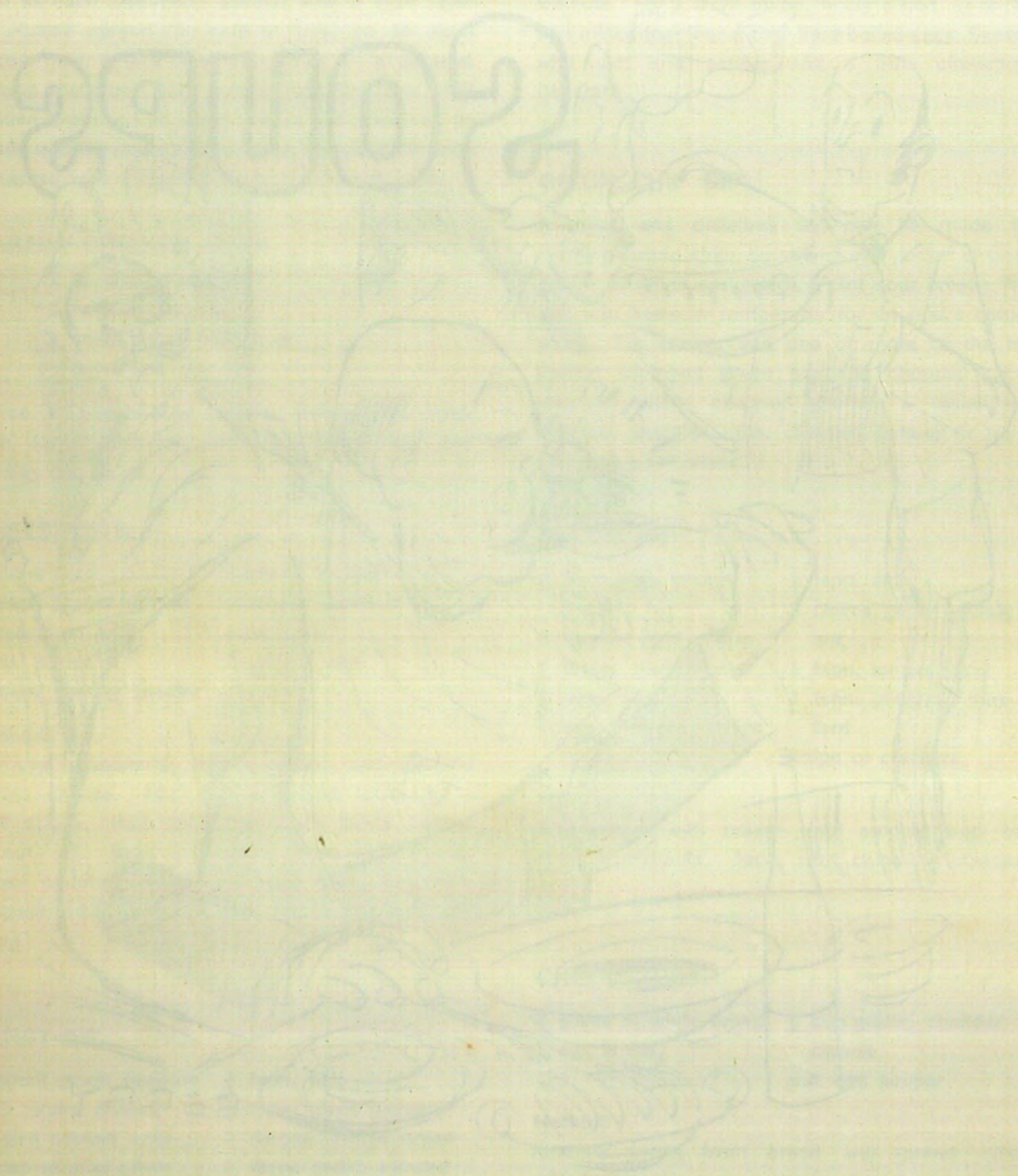
CHEESE TOAST

- | | |
|-------------------------|----------------------|
| 2 slices of white bread | ½ cup grated cheddar |
| 1 egg white | cheese |
| | salt and pepper |

Method:

Remove crusts from bread and spread lightly with butter. Beat egg white with salt and pepper. Stir in grated cheese and spread on slices. Put onto greased baking sheet and bake underneath top element in oven for a few minutes. Sprinkle with paprika. Cut into strips when removed from oven. Serve hot.





(Milk, Meat, Hot, Cold, Fruit and Vegetable)

CONSOMMÉ

- 3 lbs. shin of beef
- 3 marrow bones
- 3 lbs. stewing beef, cut into very small squares
- knuckle of veal
- water
- 2 tablespoons salt
- 8 peppercorns, 4 cloves, 1 bay leaf, sprig of thyme, 3 sprigs parsley—wrapped in a muslin bag
- 1 large onion
- 2 leeks
- 2 carrots
- 2 stalks celery
- 2 turnips, quartered

Place all the bones in a large soup kettle. Add 4 quarts of water. Cook for about 10 minutes and strain off the scum which comes to the top. Continue cooking and skim the foam and the fat until it ceases to rise. Add the salt and the muslin bag and the onion. Wash the leeks very well making sure that there is no grit near the root. Now add the leeks and all the other vegetables. Simmer for 4 or 5 hours. Strain the liquid through a double thickness of butter muslin. Taste the stock and if you want it more concentrated you must simmer it, uncovered, until it has reached the desired strength. Be careful of adding more salt until the very end. Now cool your stock and place it in the refrigerator. Chill until the fat has solidified and then skim it off. To clarify it, bring the cold bouillon to a boil. Beat 2 egg whites and add to the stock together with crushed eggshells. Bring the soup to the boil. Strain again through butter muslin.

CONSOMMÉ MADRILÈNE

- 1 lb. red, ripe tomatoes, cut up but not peeled
- 1 quart strong consommé
- $\frac{1}{2}$ cup sherry
- 1 strip of lemon peel

Bring all these ingredients to the boil and allow to simmer for about half an hour. Clarify the soup with egg whites and shells and serve hot. If this consommé is served cold, remember that it will jell of its own without adding any gelatine. Serve it, crushed with a fork, accompanied by lemon wedges.

OATMEAL SOUP

Add $\frac{1}{2}$ cup quick-cooking oatmeal to 1 quart of brown stock and cook for 15 minutes.

CHICKEN SOUP WITH WINE AND ASPARAGUS

To 1 quart of chicken consommé add 1 cup sherry and $\frac{1}{2}$ cup cooked asparagus tips.

CHICKEN CONSOMMÉ

Place a 4 lb. chicken in a large soup kettle with 1 veal knuckle and, if you can get them, about 2 chicken feet, cleaned and scraped, 5 quarts of water, 2 tablespoons salt. Add a bouquet garni (4 peppercorns, 3 sprigs of parsley, 2 cloves, a bay leaf and a sprig of thyme, wrapped in a muslin bag), an onion, 4 large carrots, 6 leeks and 2 stalks of celery without the leaves. Boil for at least 3 hours and remember to skim the soup in the first half hour of cooking. Allow the soup to cool rapidly by putting the soup pot into a larger pot of ice-cold water. Leave overnight in the refrigerator after straining. The next day remove the fat and reheat the soup. Strain and clarify in the same way as for consommé.

BROWN SOUP STOCK

- 4 to 5 lbs. beef knuckle
- $\frac{1}{2}$ cup diced carrots
- $\frac{1}{2}$ cup onion, diced
- 1 tablespoon salt
- bouquet garni
- 3 quarts cold water
- $\frac{1}{2}$ cup diced celery
- $\frac{1}{2}$ cup diced turnip

Cut meat into small pieces. Brown half of meat in 2 tablespoons fat. Add with the remaining meat and bone to cold water. Heat to boiling. Simmer about 3 hours. Add vegetables and cook for another hour. Strain and store in a cold place. Remove congealed fat.

Stock can be kept in the refrigerator for 3 or 4 days and in the deep freeze for as long as you like. Too many people cook a large pot of soup and then tend to serve the same soup for a few days until it is finished. If you make soup stocks you can vary the type of soup much more easily and cook each day only as much soup as you will require for one meal.

VARIATIONS

Use all the vegetables used in the making of the stock and put them through a strainer back into the soup. If you have a liquidiser then use it for pureeing the vegetables.

BEAN AND BARLEY SOUP

Soak $\frac{1}{2}$ cup barley for several hours. Cook it in $1\frac{1}{2}$ quarts of salted water until tender and add to the soup together with cooked butter beans or sugar beans. These must be soaked overnight and cooked for about $1\frac{1}{2}$ hours.

CHICKEN CORN SOUP

Shred the white meat of the chicken and put it back into the clear stock. Bring the soup to the boil and add 1 cup vermicelli and 2 cups fresh mealies cut from the cob. Cook until the noodles and mealies are tender, sprinkle with parsley and serve.

CHIFFONADE

Shred a lettuce very fine. Soften it in oil or chicken fat and after 10 minutes pour over it chicken or vegetable stock, 1 tablespoon rice and cook it until the rice is tender.

BARLEY AND MUSHROOM SOUP

- 2 lbs. soupmeat
- 2 quarts water
- 1 tablespoon salt
- ½ cup barley
- 1 onion, chopped
- 2 carrots, chopped
- bouquet garni (parsley, bay leaf, peppercorns and, if available, some dill, all wrapped in a muslin bag)
- ½ lb. mushrooms

Place meat in salted water and bring to the boil. Skim in the usual way. Simmer for about 1 hour. Wash and drain the barley. Add the barley, vegetables and seasonings, except for the mushrooms. Simmer for about 2 hours. Add mushrooms in the last 15 minutes of cooking. Remove meat and the muslin bag and serve very hot.

SPLIT PEA SOUP

- 2 cups split peas or lentils
- 2½ quarts water
- 1 lb. soup meat
- beef bones
- 2 onions, chopped
- 2 carrots and 2 stalks celery, chopped
- 2 potatoes, peeled and sliced
- 1 tablespoon salt, pepper to taste

Soak the peas in water overnight. Drain. Place meat and marrow bones in a large soup pot and simmer for 1 hour. Skim the froth off the surface. Add remaining ingredients. Remove the meat and strain the soup, forcing the peas and vegetables through the strainer. This is where a liquidiser is most helpful. Serve with sliced frankfurter sausages.

MUSHROOM SOUP

- 2 leeks
- soup celery
- 2 parsnips
- parsley
- 3 carrots
- piece of pumpkin
- 3 potatoes
- 1 onion
- 1 tablespoon dried mushroom, soaked in hot water for ½ hour
- ½ lb. fresh mushrooms
- ½ cup sour cream

AVGOLJMONO (Greek Lemon Soup)

For 2 pints of strained chicken soup, take 2 or 3 tablespoons rice and boil in the stock until soft. Beat up 2 eggs and the juice of a lemon in a bowl. Add a little of the boiling soup to the egg mixture, spoon by spoon, and stirring all the time. Now add this mixture to the soup in the pot. Stir for a few minutes but do not allow to boil. Serve at once.

MINESTRONE

- ½ cup oil
- 3 onions, chopped
- 4 stalks celery, cut fine
- 4 tablespoons parsley
- 2 cups cabbage, finely chopped
- handful peas, beans or cauliflower
- 1 cup cooked butter beans
- 1 cup vermicelli
- 2 cloves garlic, crushed
- 10 cups water or stock
- salt and pepper
- 2 cups skinned, chopped tomatoes

Heat the oil. Add the vegetables and garlic. Soften in the oil. Start with the hardest vegetables and, when they are nearly soft, add the more tender ones. Vary the vegetables according to your own taste. Add the water or the stock and cook for about 30 minutes. Now add the cooked beans and cook over low heat for about 1 hour. About 15 minutes before the soup is finished add the vermicelli. Serve with grated parmesan cheese if the soup has been made with vegetable stock.

HERB SOUP

- 1 tablespoon oil
- 1 tablespoon flour
- 4 cloves minced garlic
- 3 tablespoons minced fresh herbs
- 1 tablespoon minced onion
- 3 ozs. finely chopped mushrooms
- 1 pint stock

Fry onions and garlic in heated oil. Add mushrooms and cook for 5 minutes. Do not brown. Take off stove and add flour gradually until mixture is smooth. Add stock, a little at a time. Cook for 15 minutes, add herbs and serve at once.

Soups without Meat

Cover vegetables, excluding dried and fresh mushrooms, in water. Add salt and cook until tender. Strain the potatoes, 1 carrot and 1 parsnip with the liquid into the saucepan. Discard other vegetables. Saute fresh and dried mushrooms, which have been drained, in butter, add a few drops of lemon juice and 2 tablespoon chopped parsley. Add salt, pepper and paprika, add all this to the soup in the pot and bring to the boil. Just before serving beat 2 egg yolks with a half cup of sour cream and add this slowly to the soup, stirring all the time. Do not allow to boil. Serve at once.

BEAN SOUP MEXICAN STYLE

- 1/2 cup dried beans, soaked overnight
- 3 cups cold water
- 2 tablespoons oil
- 1 clove garlic, minced
- 3 tablespoons onion, chopped
- 1 tablespoon parsley, chopped
- 1 cup celery, chopped
- 1/2 cabbage, finely shredded
- 2 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 1 cup cooked tomatoes or skinned fresh ones.
- 1/2 cup noodles

Wash beans and place in large pot. Add water. Bring slowly to the boil and cook until tender. Heat oil and saute the onion, garlic, parsley, celery and cabbage until lightly browned. Add to the bean mixture. Stir thoroughly. Add salt, pepper and tomatoes and simmer about 30 mins. longer. Just 10 minutes before completion of cooking add the noodles.

BEAN AND BARLEY SOUP

- 1 cup dried beans
- 6 cups cold water
- 2 teaspoons salt
- pepper to taste
- 1/2 cup onion, finely chopped
- 1 small carrot, chopped
- 3 tablespoons barley
- 1 cup evaporated milk
- 2 tablespoons butter

Wash beans. Place in saucepan. Add water, salt and pepper. Cover. Cook over low heat until beans are almost tender. Add onion, carrot, barley and continue cooking over low heat until beans are tender and vegetables cooked. Add milk and butter. Bring to the boiling point and serve.

VICHYSOISSE

- 6 leeks
- 3 onions
- 2 quarts water or vegetable stock
- 1/4 lb. butter
- 1 lb. potatoes
- salt and pepper
- 1 pint cream
- 1/4 cup chopped chives or spring onions

Chop the leeks and onions very finely. Melt butter in a pan and gently cook the leeks and onions until they are soft but not brown. Add the water slowly. Add the potatoes, peeled and sliced very thin and salt and pepper to taste. When the potatoes are soft, force all the vegetables through a sieve. Mix with the liquid. If the soup is to be served hot, heat the mixture and slowly add the cream. Do not allow it to boil. If the soup is served iced, then add the cream when the soup is cold. Vichyssoise must be served the same day that it is made, as it has a tendency to go sour.

ICED PEA SOUP

- 2 cups fresh, young peas
- 1/2 sliced onion
- salt and pepper
- 1 cup water
- 4 teaspoons maizena or potato flour
- 4 cups water
- 1/2 cup thick cream
- chopped fresh mint

Cook the peas, onion, salt and pepper with 1 cup water. Remove from fire. Stir in the potato flour and add the other 4 cups of water. Return to fire and stir the soup until it comes to the boil. Simmer for 5 minutes. Rub mixture through a strainer and allow it to chill in the refrigerator. When chilled add the cream and the mint.

COLD BEETROOT SOUP

- 8 beetroot, washed (don't cut off the stems too close to the root or the beets will bleed and become pale when cooked)
- 2 1/2 quarts water
- 1 tablespoon salt
- 1/2 cup lemon juice
- 3 tablespoons sugar
- 2 egg yolks
- 1 cup sour cream

Combine the beetroot, water and salt in a saucepan. Bring to the boil and cook for 1 hour. Peel the beetroot and grate 4 or 5 of them very finely. Add the lemon juice and sugar to the beetroot water. Return the grated beetroot to the pot together with the water. Heat. Beat the yolks together with the cream and pour over a little of the hot soup. Mix well and return this mixture to the remaining soup in the pot. Heat but do not allow to boil. Chill the soup and serve ice-cold with a hot, boiled potato in each plate. (I make beetroot soup by cooking the beets in the same way and then liquidising them together with the juice. It requires no thickening and the egg yolks can be eliminated.—Ed.)

LEEK SOUP

- 2 lbs. leeks
- 1 cup each of spinach, peas and shredded lettuce
- 1 tablespoon each of chopped parsley, mint and celery
- 1/2 cup oil
- lemon juice, salt and pepper

Clean and cut the leeks into small pieces. Heat the oil in a pot and saute the leeks. Season with salt, pepper and lemon juice. Simmer slowly for about 20 minutes. Now add the spinach, the peas and the lettuce. Soften for a few minutes and add a quart of water. Cook over a low heat for about 10 minutes. Strain the soup and press the vegetables through a sieve. If it is too thick add more water or a little milk. Just before serving, add the chopped parsley, mint and celery.

CUCUMBER SOUP

Peel and slice 3 large cucumbers and cook in 3 tablespoons butter for 10 minutes. Add 3 tablespoons flour slowly, mixing well. Add 3 cups vegetable stock and 1 cup hot milk and cook over low heat for about 10 minutes. Strain and press the vegetables through a sieve. Add to the liquid. When cooked add 1 cup sour cream and a few drops of green colouring. Chill well. Sprinkle with chopped chives before serving.

HOT CUCUMBER SOUP

- 1 lb potatoes
- 2 large onions
- 2 whole cucumbers
- milk, parsley, chives
- 1 pickled cucumber
- mint, salt and pepper

Boil the onions and the potatoes in water. When they are soft put them through a sieve. Return this mixture to the pot and add about 1 quart of milk or water, or a mixture of the two. Grate into the soup 2 unpeeled cucumbers and the pickled cucumber. Reheat over very low heat.

ANDALUSIAN SOUP

- 1/2 lb. sliced bread, soaked in 4 cups cold water
- 2 crushed cloves garlic
- 4 green peppers, chopped
- 5 peeled tomatoes, chopped
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 2 teaspoons paprika
- 1/3 cup oil
- 1/3 cup vinegar or lemon juice
- 1 1/2 cups water
- 1 cucumber, sliced very thinly

Combine the bread, onions, garlic, green peppers and tomatoes. Force through a sieve. Add salt, pepper and paprika. Add oil very gradually, beating all the time. Add vinegar and water and chill for 4 hours or more. Add cucumber slices before serving and a little iced water if consistency is too thick. Serve garlic bread with the soup.

FRENCH ONION SOUP

Use 1 large onion and 1 cup stock per person. Slice the onion into thin rings. Fry in oil until soft but not brown. Add a walnut-sized piece of butter to the onion mixture. Season with salt, pepper and a little sugar. If you have individual soup-pots with lids, place a portion of the onion mixture into each pot, otherwise place all the mixture in the bottom of a large casserole. Now cover with a good vegetable stock. Toast a round of bread for each portion and place it on top of the casserole or the individual pots. Cover with parmesan cheese and cover tightly. Place the pots in 350 deg. oven for 30 minutes. This is a wonderful soup for a very cold evening but it must be served by itself and certainly not with a hearty meal.

OLD-FASHIONED PLANTATION**PEANUT SOUP**

- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 1 tablespoon butter
- 2 tablespoons flour
- 4 cups vegetable stock
- 1 cup milk
- 1 cup cream
- 1/2 cup peanut butter
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- dash paprika

Braise celery and onions in butter until soft but not brown. Blend in flour, add stock and bring to the boil, stirring constantly. Add milk and cream and stir in peanut butter. Whip with an egg beater until smooth and creamy. Season to taste. Simmer, but do not allow to boil, for about five more minutes.

BASIC CREAMED SOUP

- 3 tablespoons butter
- 1 1/2 tablespoons flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups milk or milk and water
- 1 cup pureed left-over vegetables
- 1 teaspoon onion, grated

Melt the butter. Add flour and seasonings. Slowly add milk or water, stirring constantly. Bring to boiling point, then add vegetable puree and cook over low heat for about 5 minutes. Use left-over cooked vegetables such as cauliflower, carrots, spinach, peas, celery, asparagus and sweetcorn. Vary the flavours by using herbs discriminately. e.g., a little basil with tomato soup or dill with cucumber soup.

CREAM OF CURRIED PEA SOUP

- 1 cup shelled fresh peas
- 1 medium onion, sliced
- 1 small carrot, sliced
- 1 stalk celery, chopped
- 1 medium potato, sliced
- 1 clove garlic, crushed
- 1 teaspoon salt
- 1 teaspoon curry powder
- 2 cups water or vegetable stock
- 1 cup cream

Place the vegetables, seasonings and one cup stock in a saucepan and bring to the boil. Cover, lower the heat and simmer for 15 minutes. Strain the ingredients and return the resultant puree, together with the stock, to the stove. Add the remaining stock and bring to the boil. Slowly add the cream and serve at once.

CHEDDAR CHEESE SOUP

- 1/2 cup chopped raw carrots
- 1/2 cup chopped raw celery
- 1/2 cup chopped raw onion
- 1/2 cup chopped raw green pepper
- 3 cups lightly packed, grated cheddar cheese
- 5 tablespoons butter
- 4 tablespoons flour
- 4 cups vegetable stock
- 2 cups milk
- salt, pepper
- 1 tablespoon chopped parsley
- 2 tablespoons dry sherry

Melt the butter over a low flame. Add the chopped vegetables and cook slowly, without browning. Sprinkle the flour over the vegetables and stir well for a minute. Add the vegetable stock very slowly so that there are no lumps. Add the cheese and stir until it has melted and finally 2 cups of cold milk. Place over boiling water and continue cooking until scalding hot. Season to taste and sprinkle a little chopped parsley in the soup just before serving. If you prefer it, you may strain the vegetables before adding the cheese. Two tablespoons of dry sherry will add to the flavour.

VEGETABLE BOUILLON OR STOCK

Saute 1 lb. carrots, 1 lb. onions, 1/2 head of celery and a small piece of turnip in a little oil. Add about 6 peppercorns, salt and a bouquet garni together with about 3 quarts boiling water. Simmer for about 2 hours or until the stock has been reduced to a third of its original quantity. A dessertspoon Marmite may be added to improve the flavour.

CREAM OF TOMATO SOUP WITH ORANGE

- 2 lbs. tomatoes, skinned
- 3 carrots, finely grated
- 2 medium-sized onions, finely chopped
- 1 bayleaf
- 1 strip of lemon rind
- 6 peppercorns
- 3 pints vegetable stock
- 2 ozs. butter
- 2 tablespoons flour
- salt, pepper and sugar to taste
- 1 cup cream
- grated orange rind (grate the rind, pour boiling water over it and throw the water away. This takes the bitterness out of the rind)

Except for the butter and the flour stew all the ingredients for about 20 minutes in a soup-pot. Strain through a fine strainer. Melt the butter, add the flour and slowly add the strained stock. If the soup is to be served hot add the cream at the last minute but do not allow to boil; if served cold add the cream when the soup is cold. Garnish with the orange peel. (I sometimes add a small cup of orange juice before adding the cream.)

Garnishes for Soup**PIROGEN**

- 1 1/2 cups sifted flour
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup vegetable fat
- 1 egg
- 1/4 cup cold water

Mix and sift dry ingredients. Cut in fat. Rub well. Add egg. Add enough water to hold dough together. Roll out and cut into squares or rounds about the size of the mouth of a tumbler. Place a spoonful of filling in centre and fold over. Pinch edges. I bake them with the edge facing downwards towards the tin. Then I make a ridge along the back. Brush with egg and water and bake in 400 deg. oven for about 15 minutes. The filling is made with cooked meat and onions, minced, to which an egg and seasonings are added. Try pirogen made with meat and cooked mushrooms for a variation.

Egg Drop for Soup (EINLAUF)

- 1 egg, beaten
- salt
- 3 tablespoons flour
- 1/4 cup cold water

Stir all ingredients together until smooth. Drop slowly from the end of a spoon into a pot of boiling soup. Alternatively press the mixture through a colander into the soup. Allow to boil for about 5 minutes.

SOUP NUTS (MANDLEN)

- 3 eggs
- 2 tablespoons oil
- 1 teaspoon salt
- 2 cups flour

Mix ingredients to make a soft dough but firm enough to roll with your hands. Divide into 3 parts and with floured hands form into pencil-thin rolls. Cut into 1/2-in. pieces. Bake in well-greased shallow tins in 400 deg. oven for about 15 minutes or until golden brown. Shake the tin frequently during baking.

FINGERHUETCHEN

Make a noodle dough as follows:

- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- 2 cups flour

Beat eggs and salt slightly. Add flour. Make a stiff dough and knead well until the dough is stiff and elastic. Roll out very thinly on a floured board. Lay the dough on a floured tablecloth until it is dry. For noodles, roll up lightly in a flat roll and with a very sharp knife cut crosswise into very thin strips. Toss the strips lightly to separate them. Let them dry before storing. Use the same dough for kreplach and for fingerhuetchen: Roll out dough as for noodles. When almost dry, fold dough in two and cut through both pieces with a very tiny cutter or thimble. Press well so that edges stick together. Fry in deep hot fat until brown.

MATZOH KNEIDLACH WITHOUT ANY FAT

- 1 egg
- pinch salt
- 2 level tablespoons matzoh meal

One hour before serving, while the soup is boiling, beat up egg and salt well. Add matzoh meal. Rub hands with a little chicken fat. Roll mixture into balls the size of a walnut and put each kneidel into the soup immediately you have rolled it. Boil for 1 hour. These kneidlach double in size and are very light. This mixture must never be allowed to stand.

KNEIDLACH

- 4 eggs, beaten
- $\frac{1}{2}$ cup water
- $\frac{1}{3}$ cup chicken fat or oil
- 1 teaspoon salt
- pinch of pepper and cinnamon
- 1 cup matzoh meal

Combine eggs with water, fat, salt, pepper and cinnamon. Mix well. Add matzoh meal and stir. Allow to stand in refrigerator for 30 minutes and form into balls. Drop into soup or into $1\frac{1}{2}$ quarts of boiling water to which a tablespoon of salt has been added. Cook for 20 minutes with the lid on the pot.

KREPLACH

Roll out dough but do not allow it to get dry. Cut into 2-in. squares and place a heaped teaspoonful of filling on each square. Fold crosswise into triangles pressing edges together securely. Press the edges with the tines of a fork. Cook in soup or boiling salted water for 15 minutes. These can also be fried in hot fat.

MEAT FILLING FOR KREPLACH

- 1 teaspoon onion juice
- 1 teaspoon salt
- 1 egg
- 1 lb. minced meat or chicken from the soup

SALTY ORANGE MACAROONS

Beat 1 egg yolk very well and stir into it $\frac{1}{4}$ cup grated almonds and 1 tablespoon fine bread-crumbs. Add 1 tablespoon orange juice and the grated rind of 1 orange and $\frac{1}{2}$ teaspoon salt. Fold in 2 stiffly beaten egg whites and drop the mixture by teaspoonfuls on to a greased and floured baking tin. Bake in 325 oven for 15-20 minutes. Serve separately with soup or float 3 or 4 on each plate of soup.

ROYAL CUSTARD

- 1 whole egg
- 2 egg yolks
- $\frac{1}{2}$ cup consomme
- salt and pepper

Beat the egg and the egg yolk until light. Stir in the consomme. Season with salt and pepper and pour the mixture into a shallow oiled pan. Place the pan into a larger dish containing hot water. Bake in a 300 deg. oven for 20 minutes. Cool and chill. When cold, cut into fancy shapes and serve as a garnish for consomme.

Serve slices of avocado pear in a clear consomme. Cheese straws or cheese biscuits with tomato soups.

Serve salted popcorn or pretzels with cream soups.

KNISHES

- 2 cups flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons water
- 1 tablespoon vegetable oil
- 2 eggs, well beaten

Mix dry ingredients. Form a well in centre. Add oil and water beaten together with the eggs. Mix into a smooth dough. Roll out to $\frac{1}{8}$ -in. thickness on a lightly floured board. Cut into rounds and fill with desired filling. Moisten edges and fold over, pressing edges firmly together. Place in a pan greased with hot oil and bake in 375 deg. oven until browned and crisp.

HINTS

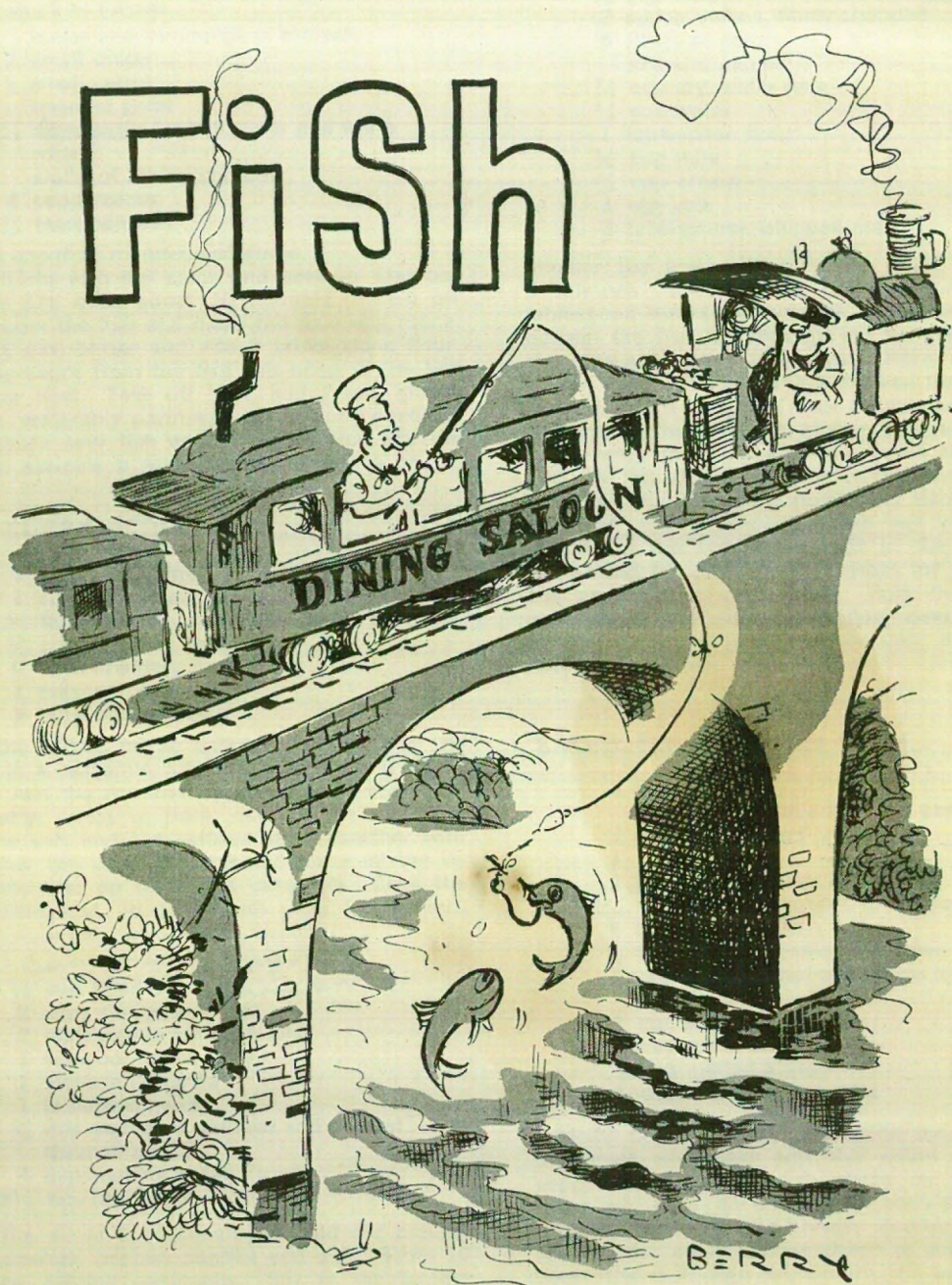
MILK.—Before boiling milk rinse the saucepan with cold water to prevent sticking.

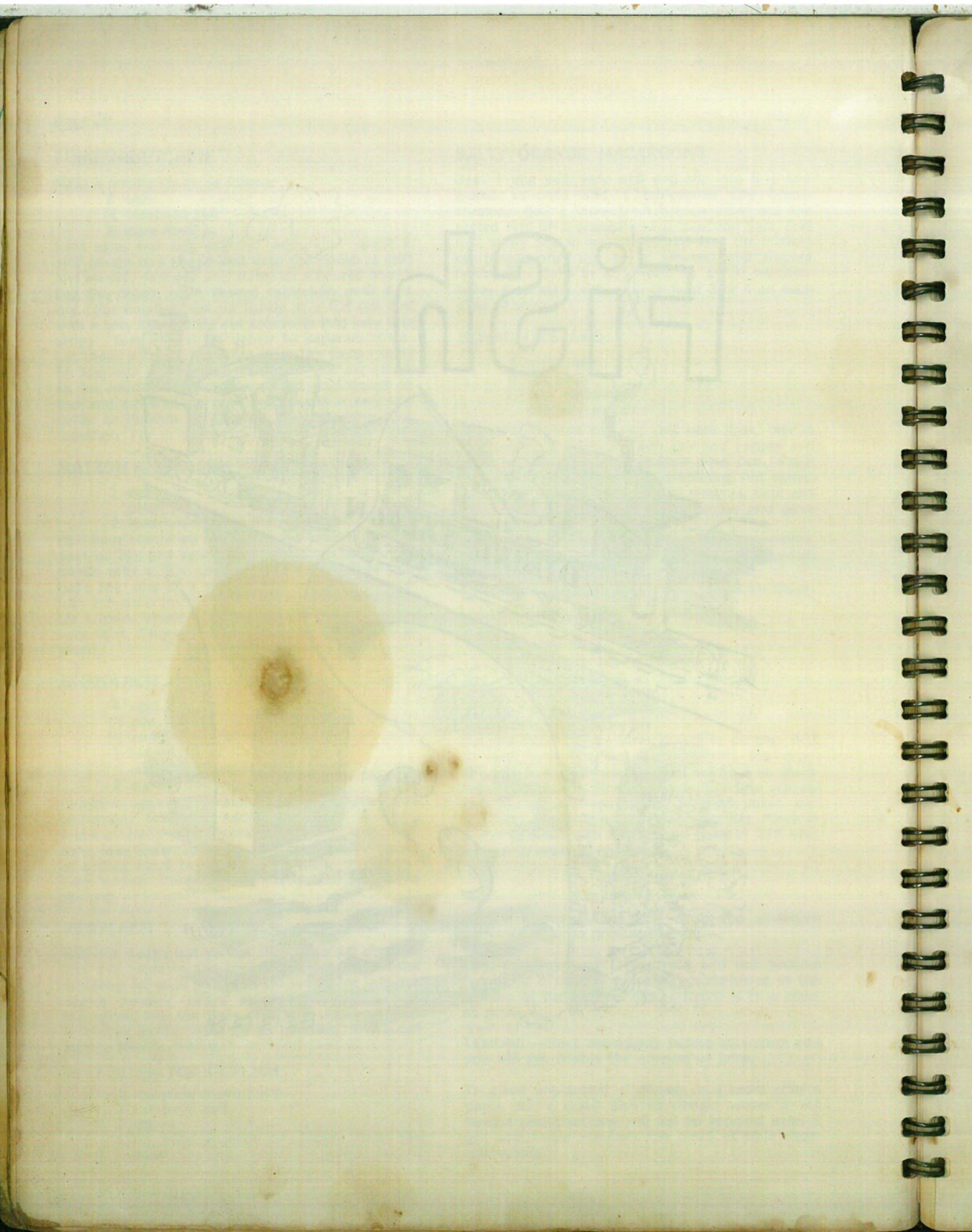
BREAD.—Bread will keep fresh and not become mouldy if a thick layer of salt is sprinkled at the bottom of the tin and then covered with a sheet of paper.

LEMONS.—Heat thoroughly before squeezing and you will get double the amount of juice.

To avoid unpleasant stuffiness in a room after a party, put a small dish of vinegar where it will remain unnoticed and will not be knocked over. It will completely eliminate the smell of stale cigarette smoke.

Fish





SOLE MORNAV

4 large fillets of sole

Make a stock as follows.

bones and trimmings of the sole

1 small onion

1 small carrot

bouquet garni

1½ cups water (or half water and white wine)

stalks of the mushrooms

6 peppercorns

½ teaspoon salt

Boil for about 15 minutes and strain.

Cover fillets with the stock and bake in fireproof dish in 375 oven about 10 minutes. Strain off sauce from the fish and make the following sauce: Melt 1½ ozs. butter and add 2 tablespoons flour. Add the sauce from the fish and bring to the boil over low heat. Take off heat, add 2 ozs. grated cheese, preferably parmesan or a strong cheddar. Pour sauce over fish and reheat. If you like the flavour, sprinkle a little nutmeg over the sauce.

FISH CURRY WITH RICE

1 teaspoon saffron

1 cup cold water

¼ lb. butter

½ cup chopped onions

2 cups raw rice

1 teaspoon salt

2 cups boiling water

Soak the saffron in the water for 1 hour. Melt the butter in a casserole, stir in the onions and soften them. Add the rice and fry until golden brown. If the butter tends to burn, add a little oil. Now add the salt and the saffron water together with the other two cups of water and place all the ingredients into an ovenproof casserole. Cook the rice, uncovered, in a medium oven for 1 hour. After ½ hour turn the rice with a spoon.

½ cup salad oil

2 cups chopped onions

2 tablespoons curry powder

1 teaspoon black pepper

1 teaspoon paprika

1 tablespoon salt

¾ cup tomatoes, skinned and pushed through a sieve

4 cups boiling water

3½ lbs. fish fillets

Heat the oil in a saucepan and add the onions, curry powder, pepper, paprika and salt. Saute 10 minutes, stirring constantly. Stir in the tomato sauce. Cook over low heat until almost dry. Add the water. Cook about 15 minutes. Carefully place the fish in the sauce and cook over low heat 15 minutes, without stirring to avoid breaking up the fish. Serve with the rice, chutney, chopped onions, peanuts, coconut and bananas.

FILLETS OF SOLE VERONIQUE

1 cup white grapes, skinned and pipped

¼ cup butter

2 spring onions, finely chopped

6 fillets of sole

salt and pepper

¼ cup dry, white wine

¼ cup water

1 tablespoon flour

¼ cup milk

¼ cup cream

1 egg yolk

3 tablespoons whipped cream

Simmer the grapes in water to cover for about 3 minutes. Drain. In a fireproof dish heat 1 tablespoon butter and sprinkle with spring onions. Season the fish and arrange on the onions. Add the wine and water. Put some buttered wax paper on the fish. Bake in a medium oven for about 10 minutes. In a saucepan melt 1 tablespoon of the butter, add the flour and stir until blended. Meanwhile bring the milk and the cream to the boil and add all at once to the butter-flour mixture. Stir until the sauce is smooth and thick. Season with salt and pepper. Add the egg yolk, lightly beaten, to the hot sauce. Stir in the remaining butter and the cooking liquid from the fish. Place the grapes around the fish. Fold the whipped cream into the sauce and pour over the fish. Brown quickly under a preheated broiler and serve immediately.

BAKED FISH, SPANISH STYLE

3 lbs. sliced fish

salt, pepper and a little red pepper

¼ teaspoon grated nutmeg

1 tablespoon oil

1 large onion, thinly sliced

1½ tablespoons chopped green pepper

6 flat anchovy fillets

6 thickly sliced peeled tomatoes

3 tablespoons chopped chives or spring onions

1 cup sliced mushrooms

½ cup white wine

½ cup melted butter

1 cup fresh breadcrumbs

Sprinkle fish with seasonings. Put the oil into an ovenproof dish and add the onion and green pepper. Arrange the fish slices on top of the onion and place an anchovy on each slice. Cover with the tomatoes and chives. Scatter the mushrooms over all and pour over the wine. Tightly cover the dish with aluminium foil and leave in the refrigerator for a few hours. One hour before baking heat the oven to 450. Put in the fish and bake for 25 minutes. Combine the melted butter and the breadcrumbs. Uncover the dish and sprinkle the fish with this mixture. Brown for another 5 minutes.

SOLE DUGLÈRE

- 4 soles, filleted
- 2 tablespoons butter
- 2 tablespoons finely chopped onions
- $\frac{1}{2}$ cup white wine
- 1 cup chopped, skinned tomatoes
- 2 tablespoons minced parsley
- $\frac{1}{2}$ teaspoon black pepper

Roll the fillets. Heat the butter and cook the onion in it until it is soft. Arrange the fillets in a casserole and pour the wine over them. Add the tomatoes and parsley to the onions and pour over fish. Cook in medium oven for about 15 minutes. If the sauce is too thin, take it off and boil it in a small pot until it is reduced.

FILLETS OF SOLE IN WHITE WINE

Cook $1\frac{1}{2}$ lbs. of seasoned sole fillets in a fireproof baking dish with 1 cup white wine. Bake in 375 oven for about 10 minutes. Chop 1 spring onion and cook gently in a little butter. Add $\frac{1}{2}$ lb. sliced mushrooms. Cook five minutes longer. Add liquid from fish. Beat 2 egg yolks together with $\frac{1}{2}$ cup cream and 1 teaspoon chopped parsley. Add some of the wine sauce to the yolk mixture and pour back into the pot. Do not allow to boil. Pour over soles and serve at once.

FILLETS OF SOLE IN APPLE JUICE

- 4 large fillets of sole
- 1 spring onion, chopped
- 1 bayleaf
- salt and pepper
- 1 cup apple juice

Cook the fillets in a fireproof baking dish. Cover with the bones of the sole and the apple juice. Bake in 375 oven for about 10 minutes. Remove the bones and strain off the liquid. Melt $1\frac{1}{2}$ tablespoons butter and add $1\frac{1}{2}$ tablespoons flour. Add the sauce from the fish a little at a time. Stir till boiling. Add chopped parsley, season and pour over fish.

SOLE MEUNIÈRE

- 4 whole soles
- $\frac{1}{4}$ lb. butter
- 1 egg
- breadcrumbs
- flour
- salt and pepper

Sprinkle the soles with seasoned flour. Now dip in beaten egg and then into the breadcrumbs. (Use exactly the same procedure for Wiener Schnitzel.) Heat the butter in a baking dish in a medium hot oven until it is brown and sizzling. Now place the fish in the hot butter. Turn it over after 10 minutes and allow the other side to brown for about another 10 minutes. Serve with lemon wedges.

GEFILTE FISH

- 3 lbs. fish, half line fish and half stockfish
- 1 large onion, minced and fried in oil
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon white pepper
- 1 teaspoon - 1 tablespoon sugar, depending on individual taste
- 2 eggs, separated
- 3 tablespoons matzo meal or 1 thick slice white bread soaked in 1 cup water
- 1 tablespoon ground almonds
- 1 minced carrot

Mince the fish, twice if possible. Add the fried onion and the oil. Add the sugar, salt and pepper and the carrot. Whip egg whites and fold into the fish mixture after adding the bread, the almonds and the egg yolks, slightly beaten. With wet hands form the mixture into balls and cook in fish stock for $1\frac{1}{2}$ -2 hours. The stock must be boiling rapidly at first and then the heat must be lowered so that the fish cooks slowly in a covered pot.

FISH STOCK OR COURT BOUILLON

Fish must always be boiled in a court bouillon and not in plain water. Place fish heads, skin and bones in a large pot. Add 2 quarts of water, 2 teaspoons salt, $\frac{1}{2}$ teaspoon pepper or 6 peppercorns, a pinch of sugar, sprig of parsley, bayleaf, 2 carrots, parsnip, celery, but not the leaves because they are too strong, and, if available, a sprig of thyme and 1 sliced onion. Boil for about 1 hour. Never use stockfish bones because the bouillon will not be tasty nor will it jell. Strain this sauce. You can substitute 2 cups of water for a bottle of white wine.

Variations

1. Gefilte fish balls can be fried in oil without boiling them first. Boil the fish for $1\frac{1}{2}$ hours. Remove to a baking dish. Add 1 cup cream to 1 cup stock. Pour over fish and chill. Decorate with sliced carrot and parsley.
2. Beat 2 egg yolks with 1 tablespoon lemon juice. Pour the strained stock over the yolks and return to the saucepan. Heat but do not boil. Pour over the fish.
3. Boil the fish and retain the stock. Make the following sauce:
Slice 1 large onion and soften in butter. Add $\frac{1}{2}$ lb. sliced mushrooms and cook for about 4 minutes until they are soft. Now add 1 tin of cream of mushroom soup. Add 2 tablespoons sherry and 2 tablespoons thick cream. Add the stock in which the fish was cooked. Place the fish balls in an ovenproof casserole and pour the sauce over them. Bake for 20 minutes in a medium oven.
4. To make a fish loaf pour the uncooked gefilte fish mixture into a greased bread tin and cover with greaseproof paper or aluminium foil. Stand tin in a larger tin of water and bake for $1\frac{1}{2}$ hours in a medium hot oven. Serve hot with a mushroom, cheese, anchovy or asparagus sauce.

SALMON KOULIBIAC**PASTRY:**

- 2 cups flour
- 6 ozs. cream cheese
- $\frac{1}{2}$ lb. butter

Cut butter into flour and work with finger tips. Add the cheese and work the cheese into the flour and butter until you can form it into a ball. Wrap in wax paper and place in refrigerator until chilled.

FILLING:

- 2 cups tinned salmon or tuna fish
- 2 hard-boiled eggs
- $\frac{1}{2}$ cup finely-cut fresh dill
- juice of 1 lemon
- $\frac{1}{4}$ lb. fresh mushrooms
- 6 spring onions
- 2 cups cooked rice
- butter, pepper, cayenne pepper and 2 teaspoons curry powder

Slice the mushrooms and chop the onions. Fry gently in butter for about 5 minutes. Season with salt. Cool. Cut the dill. Cook the rice and chop the hard-boiled eggs. Have the salmon ready. Pre-heat oven to 500. Roll pastry into 2 sheets approximately 13 in. by 9 in., making one sheet slightly larger than the other. Place the smaller sheet on a baking tin. Spread threequarters of the rice over the pastry keeping within 1 in. of the edge. Spread the salmon over the rice and sprinkle it with the lemon juice, black pepper and a little cayenne pepper. Sprinkle with $\frac{1}{2}$ cup chopped dill. Cover with chopped eggs and 4 tablespoons melted butter. Cover with mushrooms and onions and a little more dill and the remainder of the rice. Moisten edges of pastry on cookie sheet with water. Now roll the larger piece of dough on a rolling pin and unroll over the whole. Press edges of top and bottom pastry together. Mark edges with a fork and cut some vents in the top pastry to allow steam to escape. Paint with egg yolk. Place in oven and reduce heat immediately to 250. Bake for 25 minutes or until golden brown. Have ready 6 tablespoons melted butter into which you have stirred the curry powder. Pour this into the pastry vents.

BAKED FISH AND BANANAS

- 2 lbs. kingklip
- oil
- salt and pepper
- dried mixed herbs
- 2 tablespoons tomato puree
- 2 teaspoons sugar
- 2 tablespoons water
- 2 bananas

Brush the fillets with oil and springle with seasonings and herbs. Mix the tomato puree with 2 tablespoons oil and add sugar and water. Pour this round the fish and a little over the fillets. Split the bananas lengthwise and put around the fish. Bake in 325 oven for about 25 minutes, basting every now and again.

DANISH FISH PUDDING

- $1\frac{1}{2}$ lbs. minced fish. Mince twice if possible
- 4 egg yolks. Add one at a time to fish
- 1 thick slice bread. Soak in milk and add to fish
- $\frac{1}{4}$ lb. butter, melted. Add to mixture and stir well
- $1\frac{1}{2}$ cups milk
- 3 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoon nutmeg

Four egg whites, beaten. Fold into mixture. Pour into a large well-buttered and crumbed cake tin. Place tin in a large pan of water and bake in a medium oven until the mixture is firm. About 1 hour. Use a large cake tin with a loose bottom so that you can take off the side of the tin and leave the fish pudding on the bottom. This is a wonderful recipe, very economical. It will serve about 10 people and should be served with a cheese, anchovy or mustard sauce.

**SOUTH AFRICAN PICKLED FISH
(INGEGEGDE)**

- 4 lbs. fish, filleted
- 5 large onions, sliced
- 2 ozs. curry powder
- 8 small chillies
- 2 tablespoons mango chutney
- salt
- 4 cups vinegar

Fry fish in oil or butter. Set aside and cool. Slice the onions and fry in oil. Add half the curry powder and 4 chillies cut finely, about 3 teaspoons salt and the chutney. Stir to a paste and moisten with some of the vinegar. Allow the paste to boil. Now place the cooked fish in an earthenware jar and spread some of this paste over each layer of fish. Boil the remainder of the vinegar with a few more sliced onions. Add the curry powder that remains and the remaining 4 chillies. When the onions are soft pour this liquid over the fish. Allow to cool. Leave for about 3 days before using.

FISH WITH CAPER SAUCE

- 1 heaped tablespoon capers
- 2 lbs. any white fish
- 2 onions
- 1 lemon
- 1 cup sour cream
- 1 tablespoon parsley
- salt, pepper
- $1\frac{1}{2}$ tablespoons butter

Slice skinned and filleted fish. Melt the butter. Chop onions finely and soften them in the butter. Add the fish to the onions. Season with salt and pepper. Gradually stir in the cream. Add the capers, parsley and lemon juice and grate in a little lemon rind. Stir all gently together until everything is well blended. Turn it all into a buttered ovenproof dish and bake for 20 minutes in a moderate oven.

HADDOCK KEDGEREE

- 1 lb. smoked haddock
- 2 cups cooked rice
- 2 chopped, hard-boiled eggs
- 1 cup sultanas
- 2 ozs. melted butter
- pepper

Cook the smoked haddock, flake and remove bones and skin. Combine with the rest of the ingredients and heat in a saucepan for a few minutes. Serve on buttered toast.

FISH FILLETS WITH GINGER

- 3 tablespoons oil
- 3 tablespoon butter
- 6 fillets of sole
- 1 clove garlic, crushed
- 1 teaspoon ground ginger
- 1½ tablespoons sugar
- 1 tablespoon vinegar
- 2½ tablespoons soy sauce
- 1 tablespoon cornstarch
- 6 tablespoons water
- 2 spring onions, chopped

Heat the oil and the butter. Add the fish fillets and cook until the fish is soft, about 3 to 4 minutes on each side. Transfer the fish to a warm serving platter. Add the garlic and the ginger to the oil together with the sugar mixed with the vinegar and the soy sauce. Combine the cornstarch and water and gradually stir into the liquid in the pan. Stir until the sauce is smooth and thick. Pour the sauce over the fish and sprinkle with the spring onions.

SALMON MOUSSE

- 3 cups cooked, flaked salmon
- ½ dessertspoon salt
- 1½ tablespoons sugar
- ½ tablespoon flour
- 1 teaspoon dry mustard
- 3 drops tabasco sauce
- 2 egg yolks
- 1½ tablespoons melted butter
- ¾ cup milk
- ¼ cup vinegar
- 1 dessertspoon gelatine soaked in 2 dessertspoons cold water

Flake salmon. Mix dry ingredients, add egg yolks, butter, milk and vinegar. Cook over boiling water, stirring constantly until mixture thickens. Add gelatine. Add entire mixture to salmon. Mould, chill and serve with sour cream cucumber sauce.

SAUCE:

- 1 cup sour cream
- 1 tablespoon vinegar
- 1½ tablespoons lemon juice
- 1 teaspoon sugar and a little pepper
- ½ onion, grated
- 1 cucumber, seeded, peeled and diced

Blend ingredients and chill.

FISH CROQUETTES

- 2 tins salmon or pilchards
- ¼ teaspoon pepper
- 4 tablespoons grated onion
- 2 eggs
- 2 teaspoons lemon juice
- ¾ cup breadcrumbs
- 4 tablespoons oil

Drain and mash the salmon. Add the pepper, onion, eggs, lemon juice and 3 tablespoons breadcrumbs. Mix well. Shape into croquettes and dip lightly in remaining breadcrumbs. Heat the oil and fry the croquettes in it over medium heat until browned on both sides.

BAKED WHOLE FISH

- 1 Red Roman or Stumpnose or any firm fish (about 5 lbs.)
- 6 tablespoons butter and ½ cup oil
- 2 large onions, chopped
- 1 clove garlic
- 6 stalks celery, chopped
- 1 leek, chopped
- 1 large carrot, chopped
- 1 large green pepper, chopped
- ½ cup chopped parsley
- 6 large fresh tomatoes, skinned and sliced
- salt, pepper
- 2 teaspoons paprika
- 2 lemons, sliced

Clean fish and wipe with a damp cloth. Head may be removed or left on, as desired. Rub fish all over with butter and oil. Place in roasting pan. Heat oil and add onions, crushed garlic and saute for 5 minutes. Add celery, leek, carrot, green pepper and parsley and blend well. Cook over low heat for 10 minutes; then add tomatoes, salt, pepper and paprika. Preheat oven to 425 and place fish in the hot oven for 15 minutes in an uncovered pan. Pour the vegetable sauce over the fish. Place sliced lemons on top. Cover and bake at a reduced temperature, 375, for about 40 minutes. Place fish on a platter and serve with unstrained sauce.

KINGKLIP IN ORANGE SAUCE x Very Nice

Place fillets of kingklip in a baking dish. Season with salt and pepper. Cover with 3 ozs. melted butter and 1 cup orange juice and the rind of 2 oranges. Bake in medium oven for about 15 minutes. Strain off sauce. Melt 1 tablespoon butter, add 2½ tablespoons flour and slowly add the juice from the fish. Make a sauce and pour it over the fish in the baking dish. Reheat in the oven.

FISH IN TIN FOIL

- 1 packet frozen fish fillets
- 1 large onion
- 1 tablespoon chopped parsley
- 2 large potatoes
- salt, pepper and paprika
- $\frac{1}{2}$ lemon
- 1 tablespoon melted butter
- 3 dabs of butter

Cut frozen fish in three. Place each portion on a square of tin foil. Sprinkle with lemon juice. Cut onion into 6 slices and arrange 2 slices on each fish portion. Sprinkle liberally with paprika. Cut potatoes into sticks and roll first in melted butter and then into chopped parsley. Arrange around fish. Season and dot with dabs of butter. Bring edges of tin foil together and fold over to seal tightly. Bake on a baking tray at 425 for about 25 minutes.

FISH IN GINGER SAUCE

- 3 lbs. kingklip or any firm fish
- $1\frac{1}{2}$ pints cold water
- 3 tablespoons vinegar
- 6 gingersnaps
- $\frac{1}{2}$ cup seedless raisins
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ cup syrup

Boil fish in water (onion may be added) until tender but not soft. Drain off and place in serving dish. Crumble gingersnaps and dissolve in vinegar. Add to fish stock. Add remaining ingredients and boil for 10 minutes over low heat. Cool sauce slightly and pour over fish. Leave to stand for 24 hours in refrigerator before serving.

SOLES IN WINE SAUCE—(1)

- filleted soles
- breadcrumbs
- white wine
- spring onions
- butter

Wash and salt soles and place in baking dish. Cover with chopped spring onions, butter pats and breadcrumbs. Allow to bake in 400 oven for approximately 7 minutes. Add 1 cup white wine and leave to simmer in oven for about 20 minutes. Serve with mushrooms.

QUICK TUNA FISH DISH

- 1 tin tuna fish
- 1 tin mushroom soup
- 1 packet potato crisps
- salt and pepper

Mash tuna fish lightly with a fork. Crumble potato crisps in your hand. Stir into fish. Pour mushroom soup over mixture. Combine well and season to taste. Place in greased ovenproof dish and bake in 350 oven for about 20 minutes. If liked, grated cheese may be sprinkled on top of mixture. Serve with a french salad.

POACHED FISH WITH GRAPES

- 3 lbs. trout
- $\frac{1}{4}$ cup sugar
- 1 lemon (juice and grated rind)
- 2 egg yolks beaten
- 1 cup hot fish stock
- salt
- 1 teaspoon chopped parsley
- 1 cup chilled seeded grapes

Cook fish by poaching in simmering water seasoned with $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ tablespoon lemon juice or vinegar for each quart of water. Remove skin and bones and arrange on platter. Combine sugar, grated lemon rind and lemon juice with egg yolks and add strained fish stock gradually. Cook until thickened, stirring constantly. Do not allow to boil.

Add salt and parsley. Pour over fish. Sprinkle with grapes and serve immediately.

SOLES IN WINE SAUCE—(2)

- 4 medium soles, skinned and side bones removed
- 1 cup white wine
- $1\frac{1}{2}$ tablespoons lemon juice
- 1 lb. mushrooms, washed and sliced
- $\frac{1}{4}$ cup butter
- 2 egg yolks
- 1 cup cream
- 1 tablespoon chopped parsley
- $\frac{3}{4}$ teaspoon salt
- dash paprika

Poach fillets in wine and lemon juice just until tender. Sauté mushrooms in a little butter. Remove fish to ovenproof platter and keep warm while making sauce. Heat the wine in which the fish was cooked to boiling and reduce. Beat egg yolks and add cream. Pour wine over egg yolk mixture and return the whole mixture to the saucepan. Stir constantly but do not allow to boil. Pour the sauce over the fish. Add remaining butter, mushrooms, parsley, salt and paprika. Serve immediately.

SALMON MOUSSE

Soften:

- 2 tablespoons gelatine in
- $\frac{1}{2}$ cup cold water

Dissolve over hot water

Add:

- $\frac{1}{2}$ cup lemon juice
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon paprika

Pour above over

- 2 tins flaked salmon (1 lb.)

Fold in

- 1 cup whipped cream

Pour into loaf pan lined with greaseproof paper. Chill thoroughly. Unmould and serve with tomato and cucumber slices.

CRÊPES LOUIS (Salmon in Pancakes)

CRÊPES (remember this recipe for Crepes Suzette, Blintzes, etc.):

- 1 cup flour
- 1 tablespoon sugar
- pinch of salt
- 2 whole eggs
- 2 egg yolks
- 1 cup beer
- 1 cup milk
- 2 large tablespoons oil
- 1 tablespoon brandy (optional)

Mix all the ingredients together after having beaten the eggs with a little of the liquid. Put through a strainer and allow to stand for 2 hours before using. If it is too thick, add a little more liquid and if it is too thin add a little more flour. Remember to use the oil. This saves a tremendous amount of time in that you need not grease the pan each time you put in the batter.

Make the crepes in a small pan. Heap them one on top of one another. This keeps them moist. Now make the filling:

WHITE SAUCE:

- 1 large onion
- 4 tablespoons butter
- 4 tablespoons flour
- salt, pepper
- 2 cups milk (hot)

Grate the onion and soften it in the butter. Add the flour and stir. Gradually add the milk, stirring all the time so that the sauce is not lumpy.

FILLING:

- 2 tins salmon or middlecut, mashed
- 1 tablespoon capers of a few chopped gherkins
- a few tablespoons of white sauce for binding

Mix these ingredients well and taste for seasoning.

TO MAKE UP:

Grease a large ovenproof dish and place some sauce over the bottom. Now place a tablespoonful of the filling at one edge of a crepe and roll it. Place the rolled crepes in the dish. Cover with more white sauce and sprinkle parmesan cheese over the top. Dot with butter and bake in medium oven for about 20 minutes.

BAKED FISH with Cheese and Tomatoes

- 2 - 3 lbs. any firm fish
- grated cheese
- tomato sauce
- cooked macaroni
- Post toasties
- salt, pepper
- butter

Wash and clean fish. Slice and season. Place in baking dish. Mix the macaroni, cheese and tomato sauce, salt and pepper to taste. Cover fish and sprinkle with Post Toasties. Put dabs of butter over the top. Bake in moderate oven for about 30 minutes. Serve garnished with parsley.

POISSON FRANCAIS

- 2 lbs. kingklip
- 1 clove garlic, crushed
- 6 medium sized tomatoes, skinned
- $\frac{3}{4}$ glass oil
- 1 glass dry white wine
- salt, pepper and sugar to taste

Fillet the fish and slice into medium-sized pieces. Pour oil into a saucepan and when hot add the garlic. Allow to brown for a few seconds. Now add fish, seasoning and tomatoes, sliced on top of the fish. Pour the wine over all and cook at first over high heat and then over low heat until the fish is tender.

HINTS

If your windscreen wiper is out of order during wet weather, cut a raw potato in half and wipe it over the screen. The rain will run down, leaving you a clear field of vision. If you wear glasses and want to read in the bath, rub the potato on the inside of your glasses, or so I'm told.

To rid the kitchen of the unpleasant smell when milk has boiled over, sprinkle salt liberally on the soiled part.

Sprinkle salt over the flames in an oven caused by burning fat.

Keep all remedies against burns in the kitchen. That's usually where you burn yourself.

One teaspoonful of turpentine added to the washing water will help to keep school stockings black. They should be rinsed well in lukewarm water afterwards.

Wrap your paintbrushes in tin foil after washing them and they will remain soft and pliable, ready for their next job.

Sardine tins without a key should be opened from the bottom of the tin with a tin opener.

Add camphor where you store your silver as this will help retain the lustre.

When you pound meat, sprinkle a little water over it first.

To clean onions, cut off the root end first. This helps a little in stopping your eyes watering. If you use glasses for reading, then wear them when chopping onions, and, of course, keep a little bread in your mouth when working with onions.

To rid your hands of the smell of onions, rub them after working with a little ground coffee. I suppose it's better to smell of coffee than of onions.

HERRINGS

CHERRY HERRING

- 3 spiced herrings
- $\frac{3}{4}$ cup vinegar
- $\frac{1}{2}$ cup Cherry Heering
- $\frac{1}{4}$ cup tomato puree
- French mustard
- worcester sauce
- cucumber, pared and finely grated
- lemon juice

Soak herring in milk for about 8 hours. Place in marinade for 4 hours, consisting of all the ingredients except the lemon juice and the cucumbers. Slice the herring. Just before serving sprinkle with the cucumber and the lemon juice.

CHOPPED HERRING

Soak 6 herrings overnight. Skin and fillet them. Mince together:

- the herrings
- 4 hard-boiled eggs
- 2 large sour apples
- $\frac{1}{2}$ packet Marie biscuits soaked in $\frac{1}{2}$ cup malt vinegar

Season with $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon pepper, sugar to taste. If the mixture is a little dry add a little oil and if it is not sour enough, add a little more vinegar. Garnish with hard-boiled egg, tomato and parsley.

SWEET AND SOUR HERRING

- 6 herrings, soaked and filleted
- 6 bayleaves
- a few allspice
- 3 onions
- 5 lemons
- $\frac{1}{4}$ lb. sultanas
- 2 dessertspoons syrup
- $\frac{1}{2}$ cup sugar
- 2 tablespoons water
- pinch white pepper

Slice onions and place in saucepan with allspice, bayleaves and juice of lemons. Add syrup, sugar and water. Boil for 25 minutes. Add herring fillets and boil for a further 20 minutes.

SWEET AND SOUR HERRING (2)

- 6 herrings, soaked and filleted
- 2 large apples
- 2 large onions, sliced
- sprinkling cinnamon
- 1 cup vinegar
- 1 cup syrup
- $\frac{1}{2}$ cup sultanas

Place layers of herring, thin onion slices and thin apple slice in an ovenproof dish. Dust with cinnamon and sprinkle sultanas over all. Pour the vinegar and syrup over the herring and bake in a medium oven for about 1½ hours.

DANISH HERRING

- 6 herrings, soaked overnight, skinned and filleted
- 1 cup sugar
- 3 tablespoons oil
- 1 cup diced apple
- 1 cup diced onion
- 1 cup diced pickled cucumber
- 1 cup vinegar
- 1 teaspoon made mustard
- 1 cup tomato puree

Cut herring into small pieces. Mix all ingredients together and pour over herring. Leave for a few days before using. If the vinegar is cooked the herring will keep much longer.

HERRING SALAD

Soak 6 herrings overnight. Skin and fillet them. Slice them into bite-size pieces. Add 1 cup diced beetroot, 1 cup diced pickled cucumbers, 1 cup cold boiled potatoes, 1 cup diced apples or pineapple, a few chopped radishes, $\frac{1}{2}$ cup chopped celery and $\frac{1}{2}$ cup chopped onions. Rub the milt of the herrings through a strainer and add to 1 cup vinegar. Combine the milt mixture with $\frac{3}{4}$ cup sugar, 2 tablespoons parsley and two tablespoons prepared horseradish. Pour this over all the ingredients. One hour before serving mix 1 cup mayonnaise with 1 cup sour cream and add to the mixture. Place the salad on a large platter and decorate with stuffed, sliced olives, parsley and egg yolks. Leave out those vegetables that you do not like and substitute what you prefer. This makes a very good first course to a buffet party.

HERRINGS IN MAYONNAISE WITH PINEAPPLE

- 8 herrings, soaked and filleted
- 2 onions, sliced
- $\frac{1}{4}$ cup sugar
- juice of 1 small tin pineapples
- 1 cup vinegar
- 1 teaspoon dry mustard
- bayleaves and peppercorns
- 4 egg yolks

Roll each fillet round a pineapple cube and a small piece of onion. Secure with toothpick. Beat egg yolks and sugar. Add boiled vinegar and pineapple juice and cook over water until mixture coats a spoon. Add bayleaves and peppercorns while cooking. Strain and pour over herrings. Add remaining pineapple cubes.

PICKLED HERRING

- 6 herrings, soaked and filleted
- 3 large onions, sliced
- 3 bayleaves
- 10 peppercorns, mustard seeds and a clove
- 1 cup white vinegar
- 1 lemon, sliced
- $\frac{1}{4}$ cup water
- 1 tablespoon brown sugar

Place herrings alternately with onion, lemon and spices in a Ball jar. Bring vinegar, water and sugar to a boil. Cool and pour over the herrings. Leave 24 hours before using.

HERRING BAKED IN CREAM

- raw potatoes
- raw onion
- salt herring
- cream, butter and breadcrumbs

Slice the potatoes and onions thinly. Clean, bone and cut herring into several pieces. Arrange layers of potatoes, onions and herring in a fireproof dish. Pour over cream until ingredients are nearly covered. Sprinkle with breadcrumbs and put dabs of butter on top. Bake in medium oven.

MARINATED HERRING

- small cup white vinegar
- 4 - 6 herrings
- 1 tablespoon sugar
- 2 eggs
- 1 dessertspoon mustard powder
- $\frac{1}{2}$ pint sour cream
- 2 - 3 bayleaves
- 6 peppercorns
- onions

Soak herrings overnight. Skin and bone. Place eggs, vinegar, sugar, bayleaves, peppercorns and mustard in top of double boiler. Beat well and allow to thicken over hot water. Stir constantly. When thick remove and cool. Add cream. Slice 3 large onions and arrange alternate layers of onions and herrings in a jar. Pour sauce over them and leave in the refrigerator for at least 24 hours before serving.

HERRING BABKE

- 2 herrings
- 1 onion
- 2 eggs
- 2 slices white bread, crusts removed
- pepper
- $\frac{1}{2}$ cup cream
- lump of butter

Soak herrings overnight. Clean and fillet. Soak bread in water and squeeze dry. Mince herring, bread and onion. Add cream, pepper to taste, beaten eggs and butter. Pour mixture into a buttered pyrex dish and bake in a moderate oven for about 1 hour. Garnish with parsley and serve with mashed potatoes.

BAKED FRESH HERRING

- 1 herring per person
- 3 anchovy strips per herring
- butter

Cut head off herring and cut approximately 4 slits on each side of the herring. Put anchovy strips on one side only. Bake herring in a moderate oven and use enough butter to baste the herring for approximately 10 minutes.

HERRING SALAD

- 4 salted herrings
- 3 ozs. walnuts
- 2 pickled gherkins
- $\frac{1}{2}$ lb. potatoes or 1 avocado pear
- 4 hard-boiled eggs
- 1 small onion
- 1 apple
- 1 orange
- 1 naartjie
- mayonnaise
- salt, pepper and sugar to taste

Soak herrings well, wash, clean and cut into small pieces. Chop nuts and onion. Cut up eggs, apple, gherkins, orange and naartjie into cubes. Scoop out avocado. If using potatoes, boil them first and when cool cut into cubes. Mix all ingredients. Add mayonnaise and seasoning and decorate. Chill. Serve with buttered rye bread.

JANSON'S TEMPTATION

- 4 fillets of pickled herring
- 5 medium potatoes
- 2 medium onions
- 1 ozs. butter
- 1 cup cream

Cut the herring fillets into small pieces. Cut onion into slices and saute in butter until transparent. Peel potatoes and slice very thinly. Butter a casserole and place half the sliced potatoes in it. Spread onions on top and then herring, finishing with the rest of the potatoes. Dot remainder of butter on top and place in a moderately hot oven for about 10 minutes. Pour half the cream over it and replace in oven, letting it cook for another 10 minutes. Add rest of cream and continue cooking until potatoes are done, about 1 hour in all. Serve immediately with a green salad.

HINTS

Herbs add distinction to food, but don't overdo them.

Don't say to your guests: "I made this especially for you." They can't possibly sidestep such dishes.

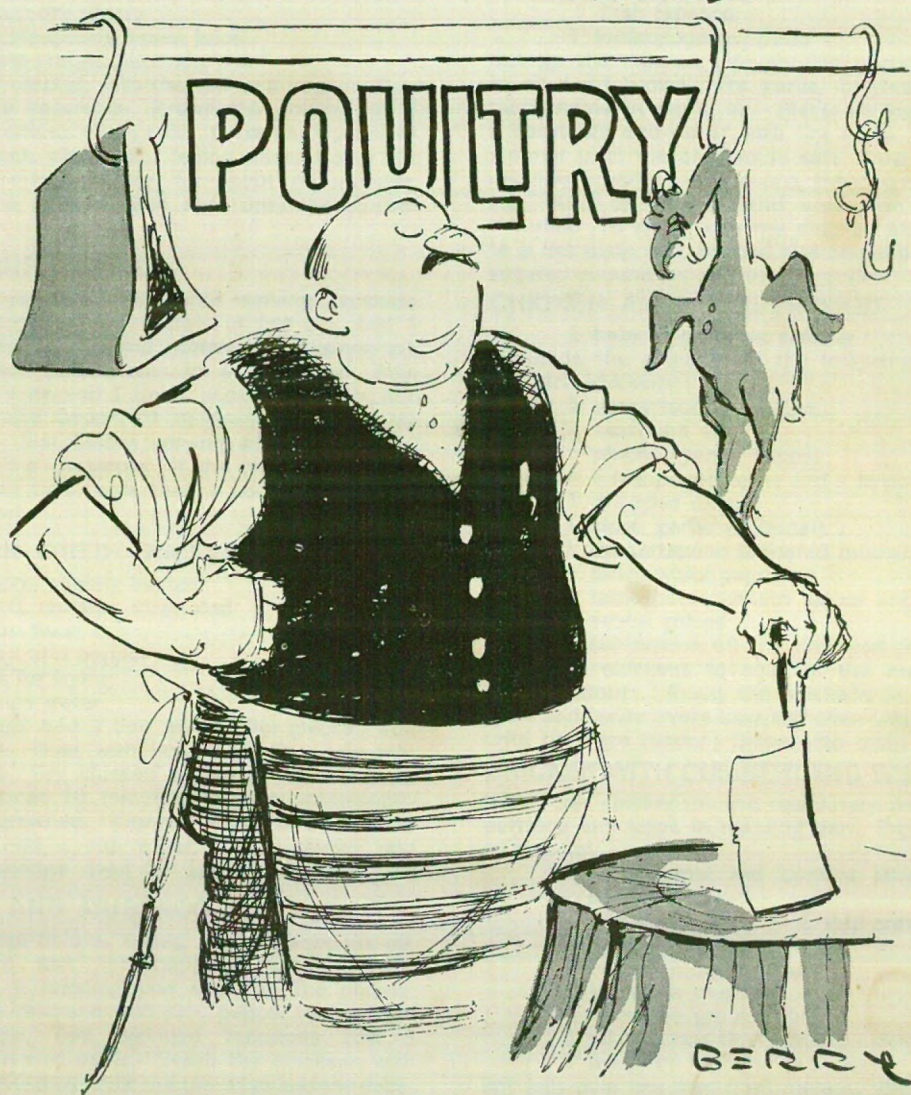
Use celery in flavouring soup and fish stocks, but don't use all the leaves. They give too strong a flavour.

To keep parsley and mint fresh, keep it in a glass of water in the refrigerator.

Twenty-five per cent of good cooking is visual.

MEAT and

POULTRY



MEET

COUNTRY



POULTRY

CHICKEN IN ALMOND SAUCE

- 1 large chicken, cut up into serving portions
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon chilli powder
- 4 tablespoons oil
- $\frac{3}{4}$ cup minced onions
- 1 clove garlic, crushed
- 1 cup chicken stock
- $\frac{1}{2}$ cup dry sherry
- 2 tablespoons lemon juice
- 1 cup ground almonds

Season the chicken with the salt and pepper. Heat the oil in a casserole. Brown the chicken in it. Stir in the onions and garlic. Cook until browned. Add the stock, sherry and lemon juice. Cover and cook in a medium oven for about 45 minutes. Blend in the almonds and cook until the chicken is tender.

ASPARAGUS CHICKEN

Cut up a young chicken into serving portions. Season. Brown in a casserole in hot oil. Add $\frac{1}{2}$ cup chopped onions and soften in the same oil. Place chicken and onions in a casserole. Pour over $\frac{1}{2}$ cup wine and 1 tin of asparagus soup. Add more salt and pepper if necessary and a little garlic salt. Just before serving add 1 tin of asparagus to the casserole. If the chicken is young it should not take more than $\frac{1}{2}$ hour to cook in a medium oven.

SOUTHERN FRIED CHICKEN

- 2 eggs, slightly beaten
- 1 4-lb. chicken, disjointed
- 1 cup flour
- salt and pepper
- oil for frying
- $\frac{1}{4}$ cups water

Combine eggs and $\frac{1}{4}$ cup water. Dip chicken into egg mixture. Dust with flour and dip again into egg mixture. Fry chicken in hot oil, about 1 in. deep, for about 10 minutes, turning occasionally until well browned. Transfer chicken to a deep casserole. Add 1 cup water. Cover closely and bake in moderate oven for about 1 hour.

CHICKEN AND MUSHROOMS

Brown 3 large onions, sliced, in 2 tablespoons oil. Season with salt and pepper. Place 2 baby chickens in a roasting pan and add the onions. Sprinkle the chickens with salt, pepper and ginger. Add 2 large, ripe, skinned tomatoes and 3 crushed cloves of garlic. Brush the chickens with a little oil and pour over orange or pineapple juice. Cover chicken and cook in a 400 deg. oven until tender. Add 1 tin mushrooms together with the juice. Mix 1 dessertspoon flour with a little gravy browning to the sauce and cook until it thickens. Stuff the chickens with the mushrooms but leave a few out to be served with the gravy.

CHICKEN MALAYA

- 1 3-lb. chicken
- 2 tablespoons oil
- 1 tablespoon chopped garlic
- 1 tablespoon chopped chillies
- 2 tablespoons chopped nuts
- 2 cups hot chicken stock
- 2 ozs. sliced mushrooms
- 1 tablespoon soy sauce
- dash tabasco
- 1 tablespoon cornflour

Cut up the chicken into serving portions and fry in oil until brown. Fry garlic, chillies, nuts and mushrooms in same oil. Place all ingredients in a casserole and cover with hot stock. Cover and simmer until the chicken is soft. In a little water dissolve cornflour, soy sauce, tabasco and seasoning. Add to chicken and cook for about five minutes. To serve, pile the chicken and sauce on to a flat plate with heaped rice and top with sliced sugared cucumbers and fried eggplant.

CHICKEN A LA SENDERWOOD

- 1 baby chicken per serving
- Marinate the chickens in the following sauce:
Per each chicken:
- 1 dessertspoon vinegar
 - $\frac{1}{2}$ teaspoon salt
 - pinch cayenne pepper
 - a few peppercorns and a bayleaf
 - 1 chopped onion
 - 1 clove garlic (optional)
 - 1 dessertspoon prepared mustard
 - pinch white pepper
 - 1 tablespoon tomato sauce and worcester sauce, mixed
 - 1 tablespoon oil
 - 1 chopped green pepper

Allow the chickens to soak in the marinade for about 4 hours. Roast the chickens in a medium oven and baste every now and then with the sauce until they are tender. Serve with plain rice.

CHICKEN WITH CUMBERLAND SAUCE

Roast the chicken in the usual way and cut into portions and leave in roasting pan. Prepare sauce as follows:

- 6 tablespoons red currant jelly or cranberry sauce
- $\frac{1}{2}$ cup water
- 1 cup orange juice
- 2 tablespoons lemon juice
- 1 teaspoon dry mustard
- 1 teaspoon paprika
- $\frac{1}{2}$ teaspoon ground ginger
- 2 tablespoons finely grated orange rind
- 1 teaspoon Maizena to thicken

Stir jelly over low heat until melted. Blend remaining ingredients and add to jelly. Bring to the boil and allow to simmer for about 5 minutes, stirring constantly. Add to poultry in roasting pan half an hour before serving. Baste and stir. If you want more gravy add a little more orange juice and water.

CHICKEN, NICOISE STYLE

- 1 large chicken, 4 - 5 lbs., disjointed
- 1 dessertspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- 6 tablespoons oil
- 1 teaspoon saffron
- 3 cloves garlic, crushed
- 2 bayleaves
- $\frac{1}{4}$ teaspoon thyme
- 4 tomatoes, skinned and quartered
- 1 cup dry white wine
- 1 cup chicken stock
- $\frac{1}{2}$ cup pitted green olives
- $\frac{1}{2}$ cup pitted black olives

Rub the chicken with the salt and pepper. Heat the oil in a casserole. Brown the chicken in it. Blend in the saffron and the garlic, bayleaves, thyme, tomatoes, wine and chicken stock. Cover and cook in a moderate oven until the chicken is tender. Add the olives, taste for seasoning and cook 10 minutes longer.

BOILED LEFT-OVER CHICKEN

Take the chicken off the bones and cut into bite-sized pieces. Place layers of chicken and asparagus into an ovenproof dish. Make a sauce with 2 tablespoons chicken fat, 2 tablespoon flour and the juice of the asparagus mixed with a little chicken stock. Pour this over the meat. Sprinkle the dish with Post Toasties and bake in 375 deg. oven for half an hour.

ROAST CHICKEN

- 1 large roasting chicken
- salt, pepper and ginger
- 1 teaspoon paprika
- 1 clove garlic, crushed
- 2 tablespoons chicken fat
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup chicken stock which can be made from a Telma cube or powder

Clean the chicken and rub with the seasonings, preferably the day before. Place the chicken in a shallow roasting pan on its side and spread the top with the fat. Pour half the water into the pan. Roast in a 450 oven for about 12 minutes and then turn on to its other side. Roast another 12 minutes and reduce the heat to 375. Continue roasting for about another hour. Baste and turn frequently and add the remaining water if necessary. Turn on its back for the last 15 minutes of roasting. Place the chicken on a platter. Add the stock to the pan juices and cook over medium heat for a few minutes, scraping the bottom of the pan. Taste for seasoning and serve.

CHICKEN IN CHERRY SAUCE

- 2 small chickens
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ cup chicken fat
- 1 cup port wine
- 2 teaspoons Maizena
- 2 tablespoons water
- $\frac{1}{2}$ cups pitted canned cherries

Wash and dry the chicken. Season. Melt the chicken fat in a shallow baking tin. Arrange the chicken in it. Bake in a 400 oven for about threequarters of an hour. Baste frequently. Cut the chickens in half and transfer to a serving dish to keep warm. To the fat in the pan, add the port. Cook over high heat until reduced to half, scraping the browned particles from the bottom. Mix together the Maizena and water. Stir into the sauce until thickened. Add the cherries and cook over low heat for 5 minutes. Pour over the chicken. You can try this recipe with other fruits like mandarin oranges or satsuma plums.

CHICKEN PIE

Cook the chicken as for fricassee. Strain the stock and boil until it is reduced. Cut the chicken from the bone into fairly large pieces. Make a sauce with chicken fat, flour and the well-flavoured stock. Mix with the chicken and add sliced, stuffed olives, sliced pimentos, artichokes or whatever you like. Keep this mixture warm. In the meantime make pastry as follows:

- $\frac{1}{2}$ lb. vegetable fat
- 2 cups flour
- 1 teaspoon salt
- $\frac{1}{2}$ cup soda water

Crumble fat into flour and salt and add soda water. Leave in refrigerator for at least half an hour. Roll out thin and cut the same size as the casserole top into which you place the chicken filling. Prick the dough with a fork and with a knife outline a chicken in the dough. Do not cut out the chicken but cut into the dough. This will make air vents. Now brush the edge of the dough with water and place a rim of dough right round the edge. Brush this rim with water and place another rim on top of it. Brush the pastry with egg yolk and place it on a baking tin without an edge on at least one side of it. Bake the dough in a very hot oven, about 500, for about 8 minutes. Heat the chicken in the casserole and when the dough is baked slide it gently on top of the chicken. If you bake the dough separately it will not get soggy.

CHICKEN FRICASSEE

Cover a large chicken with water. Add 2 teaspoons salt and $\frac{1}{2}$ teaspoon black pepper. Cover and cook slowly until tender. About 2 hours. Add to the water 1 stalk celery, 1 onion, 1 carrot, 1 onion into which you stick a clove and 2 black peppercorns.

PINEAPPLE CHICKEN

- 1 3-lb. chicken, cut up into serving pieces
- $\frac{1}{2}$ cup pineapple juice
- $\frac{1}{2}$ cup pineapple chunks
- 2 tablespoons soya sauce
- 1 tablespoon sherry
- 2 tablespoons chopped, preserved ginger
- 3 cloves garlic, crushed
- salt, pepper, ginger
- 4 tablespoons oil
- 1 cup water
- parsley

Season chicken with salt, pepper and ginger. Now rub the inside as well as the outside of the chicken with the pineapple juice, the soy sauce, the sherry and the chopped ginger. Allow the chicken to stand for 20 minutes. Heat the oil in a casserole, brown the garlic and add the chicken. Brown the chicken and add all the juices that have dripped from it together with the pineapple chunks and the water. Cook in a medium oven, covered, until the chicken is tender. If preferred, the chicken can be taken off the bones at this stage. Thicken the sauce with Maizena.

GRECIAN STUFFED CHICKEN

- 1 small handful rice
- 1 cup seedless raisins
- 1 cup blanched almonds
- 1 teaspoon thyme
- a few sprigs parsley
- a few coriander seeds
- 4 peppercorns
- a little coarse salt
- $\frac{1}{4}$ teaspoon grated nutmeg
- $\frac{1}{2}$ clove garlic

Chop nuts, raisins and parsley. Crush the garlic, thyme, coriander, nutmeg, salt and peppercorns together. Boil the rice so that it is still a little hard when drained. Toss all ingredients together and heat in a tablespoon of oil. Stuff the chicken with the mixture. Brush the chicken with oil and roast in the usual way.

CHICKEN CHASSEUR

- 1 4-lb disjointed chicken
- $\frac{1}{4}$ cup flour
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon black pepper
- 4 tablespoons oil
- $\frac{3}{4}$ cup chopped onions
- 2 cloves garlic, crushed
- 2 cups drained canned tomatoes
- 1 cup diced green peppers
- $\frac{1}{2}$ teaspoon oregano
- 1 bayleaf
- 3 tablespoons sherry

Dredge the chicken with flour, salt and pepper. Heat the oil in a casserole. Brown the chicken. Stir in the onions and the garlic. Cook 10 minutes. Add the tomatoes and green peppers, oregano, bayleaf and sherry. Cook in a medium oven for 1 hour. Add a little water or chicken stock from time to time if necessary.

CHICKEN ORIENTAL

- 1 frying chicken
- 3 ozs. mushrooms
- 1 medium sized tin pineapple chunks
- 1 tablespoon soy sauce (optional)
- 1 teaspoon sugar
- 2 tablespoons vinegar
- 2 green peppers
- 1 onion
- 1 tablespoon Maizena

Cut the chicken into serving pieces and season. Brown chicken in hot oil. Drain pineapple chunks and to the liquid in the tin add enough water to make 1 pint. Add to chicken and bring to boil. Cover and cook the chicken slowly until it is tender. Stir in sugar, soy sauce and vinegar. Add mushrooms, pineapple chunks, green pepper cut into strips and sliced onion. Cook for a further 15 minutes. Blend Maizena together with a little cold water, stir into hot mixture and cook, stirring until thickened. Serve with rice and green salad.

CHICKEN CACCIATORE

Disjoint a 4 lb. chicken. Dredge it with flour. Saute until golden brown in $\frac{1}{4}$ cup oil. Add 2 tablespoons chopped spring onion with 1 clove crushed garlic. Soften these. Add:

- $\frac{1}{4}$ cup tomato paste
- $\frac{1}{2}$ cup white wine
- salt and pepper
- $\frac{3}{4}$ cup chicken stock
- bayleaf and a sprig of thyme
- 1 cup sliced mushrooms
- a liqueur glass brandy

Simmer the chicken in a medium oven, covered, for about 1 hour. Serve with rice or noodles.

CHICKEN MARENGO

Cut into quarters 2 small frying chickens and saute them together with 1 large sliced onion in $\frac{1}{2}$ cup oil. Add 1 cup white wine together with:

- 2 crushed cloves garlic
- 1 bayleaf
- a few sprigs of parsley
- 1 cup chicken stock
- 6 peeled and sliced tomatoes
- if you have it add a pinch of basil
- salt and pepper

Simmer the chicken, covered, in a medium oven. When the meat is cooked remove it from the casserole to a platter. Strain the sauce and cook it for about 5 minutes. Now saute about 15 small onions together with 1 lb. mushrooms in about $\frac{1}{4}$ cup oil or chicken fat. Add the juice of 1 lemon in order to keep the mushrooms white. Arrange chicken quarters, mushrooms and onions together with 1 cup of pitted black olives (if you like them) in a casserole. Heat $\frac{1}{4}$ cup brandy and pour it over the chicken. Light it. Add the sauce and reheat in a medium oven. Garnish with chopped parsley or chives and serve with noodles or rice.

CHICKEN SOUFFLÉ

- ½ cup chicken fat
- ½ cup flour
- 3 cups chicken stock
- ½ cup soft breadcrumbs
- 3 cups cooked chicken
- 2 tablespoons chopped parsley
- salt, pepper
- 4 eggs, separated

Make a thick white sauce with the fat, flour and stock. Beat the egg yolks until thick and lemon-coloured. Add the crumbs, chicken, parsley, salt and pepper to the yolk mixture. Finally, fold in the beaten egg whites. Turn the mixture into a greased deep souffle dish and bake in 375 oven for 1½ hours.

BARBECUED CHICKEN

- 1 cup oil
- ¼ cup vinegar
- 1 teaspoon salt
- 2 teaspoons paprika
- 6 drops tabasco
- 1 bayleaf
- 1 teaspoon basil
- black pepper
- tablespoons soy sauce
- 2 teaspoons worcester sauce
- 1½ teaspoons curry powder
- ½ teaspoon ginger
- 2 stalks celery
- 2 green peppers
- 2 large onions
- 1 tablespoon brown sugar
- 1 crushed clove garlic
- 1 tablespoon lemon juice
- 2 tablespoons chopped parsley
- 3 2 lb. broilers, split

Combine the following ingredients in a large bowl:

- 1 cup oil
- ¼ cup vinegar
- salt, paprika, tabasco, bayleaf, basil,
- black pepper
- soy sauce and tabasco
- curry powder and ginger
- chopped celery and sliced green pepper
- and onions sliced into rings
- sugar, garlic, lemon juice and parsley

Place the broiler halves on a flat roasting pan. Pour the sauce over them and refrigerate all day. Turn the chicken in the sauce frequently. One hour before grilling remove the chickens from the refrigerator.

Place chickens and vegetables in the bottom part of the grilling pan. Grill under high heat. First grill skin side up, turn, then turn again to brown the skin side at the last. Baste frequently with the sauce. Be sure that the skin is crisped through. Serve the grilled pepper and onions separately.

CHICKEN SALAD

- ½ cup chicken fat
- ½ cup vinegar
- 1 teaspoon onion juice
- dash tabasco and salt
- 3 cups cooked chicken, cut into dice
- 2 cups diced celery
- ¼ cup capers
- chopped fresh pineapple
- mayonnaise

Make a marinade of the chicken fat, vinegar, onion juice, tabasco and salt. Pour this over the chicken and let stand for several hours, turning once or twice. Drain off the marinade, combine the chicken with the celery, pineapple and capers and mix with the mayonnaise. Pile the salad in lettuce cups or fill scooped-out tomatoes. Garnish with hard-boiled eggs and additional mayonnaise and chill.

COLD CHICKEN SALAD

Cold left-over chicken cut into bite-sized portions, tomatoes, chopped onion, cucumber, grated carrot, cold potato, grated apple and 2 hard-boiled eggs. Add enough mayonnaise to moisten. Serve on lettuce leaves. Instead of chicken cold left-over, fried fish can be used or middle-cut salmon.

POULET VALLÉE D'AUGE

Fry 2 small disjointed chickens in chicken fat. Pour 4 tablespoons Calvados or heated brandy over the chicken and light it. Shake until the flame dies. Take 6 cooking apples, peel and slice them. Saute them in chicken fat until soft. Add salt, pepper, 5 sliced spring onions and ½ teaspoon dried thyme. Place the apple mixture in a casserole. Cover with the chicken and pour over 1 cup apple juice or cider. Cover and cook in 375 oven for about ¾ hour. In the last 15 minutes of cooking, sliced mushrooms may be added. Sprinkle with chopped parsley and serve.

PINEAPPLE DUCK

- 1 duck, cut up into serving portions
- 1 teaspoon salt
- ¼ teaspoon pepper
- 4 slices pineapple cut into 1-in. pieces
- 1 green pepper cut into 8 pieces
- 2 tablespoons Maizena
- ¼ cup cold water
- 2 teaspoon soy sauce

Put the duck into a saucepan with boiling water to cover and simmer for 1 hour. Remove the duck from the broth, skim and set aside. In a large frying pan warm 1 tablespoon fat skimmed from the broth. Brown the pieces of duck on all sides. Season with salt and pepper. Add 1½ cups duck broth and the pineapple and green pepper. Cover and cook over moderate heat for about 10 minutes. Blend the Maizena with the water and soy sauce. Stir into the mixture in the pan and cook until thickened. Serve with rice.

CANETON A L'ORANGE

- 1 large duck
- 5 dessertspoons chicken fat
- 4 dessertspoons brandy
- shredded rind of 2 oranges
- salt, pepper and ginger
- 1 teaspoon tomato paste
- 3 teaspoons Maizena or potato flour
- 1½ cups chicken stock
- juice of 2 oranges
- ½ lb. sliced mushrooms
- ½ cup red wine
- 1 dessertspoon red currant jelly or quince or apple jelly
- 1 bayleaf

Brown duck in fat. Remove some of the fat. Flame duck with hot brandy. Remove duck from the pan and place on a platter. Now add to juices in the pot, the mushrooms and the shredded orange rind. The rind must be soaked in hot water for a few minutes and then the water must be thrown off. This removes the bitterness. Cook the mushrooms and rind for about 5 minutes. Now add the tomato paste and potato flour. Stir until smooth and add the stock. Stir until it boils. Add the orange juice, the red wine, jelly, salt, pepper and ginger. Return duck to the pot with the bayleaf. Cover the pot and allow the duck to simmer slowly in the sauce for about 1 hour. This dish can be made the day before it is served. Slice the duck into serving portions after it is cooked and allow it to soak in the sauce.

DUCK WITH CHERRIES

Rub a large duck with salt, pepper and ginger. If possible do this the previous day so that the seasonings have time to penetrate. Roast in a hot oven for about 15 minutes. Pour off the fat. Turn the heat down to 350 and roast for about another hour. Heat ½ cup cherry juice from a can of pitted black cherries. Use this heated juice to baste the duck, 2 dessertspoons at a time. While the duck is in the final roasting period, add the drained cherries to ½ cup red wine. Poach the cherries and the wine together. This will take only a few minutes. Pour the cherries and the wine into the roasting pan. Tip backwards and forwards so that they mingle with the juices in the pan. Place the duck on a platter and surround with the cherries.

DUCK WITH CRANBERRIES AND BRANDIED PEACHES

Roast a duck as in the previous recipe. Carve it into serving pieces. Melt a tin of cranberry jelly and 2 tablespoons chicken fat in the top of a double boiler. Stir until blended. Pour over the cut-up duck in a roasting pan. Drain the syrup off a tin of peaches. Heat the peaches in a little chicken fat and add 2 tablespoon brandy. Surround the duck on a platter with the brandied peaches.

PINEAPPLE AND GINGER DUCK

- 1 spring duck about 3 lbs.
- 1 small tin pineapples
- 6 pieces canned ginger
- 1 teaspoon salt

Steam the whole duck for 2½ hours and allow it to cool. Cut up into serving portions and arrange these in the centre of a large platter. Cut the pineapple and ginger into thick slices and arrange them alternately around the duck.

SAUCE:

- 1½ teaspoons Maizena
- 1 cup tinned pineapple juice
- ½ cup tinned ginger juice

Heat the pineapple and ginger juices in a frying pan. Add the Maizena mixed with a little cold water to thicken juices. Pour sauce on top of the duck before serving.

DUCK WITH OLIVES

- 1 large duck
- 2 teaspoons salt
- ½ teaspoon black pepper
- 1 teaspoon paprika
- 1 cup white wine
- ½ teaspoon thyme
- 1 bayleaf
- 1 tablespoon flour
- ¾ cup chicken stock
- 1½ cups sliced, stuffed olives

Season the duck with salt, pepper and paprika. Place on a rack in the roasting pan. Roast in a hot oven for about 45 minutes. Turn frequently to brown on all sides. Pour off the fat. Remove the rack and add the wine, thyme and bayleaf. Reduce the heat to 375 and roast about 1 hour longer or until tender. Transfer the duck to a platter. Place the pan on direct low heat. Stir the flour into the pan juices. Gradually add the stock, stirring all the time to the boiling point. Add the olives. Cook for about 5 minutes. Carve the duck and pour the sauce over it.

ROAST TURKEY

- 12 to 14 lb. turkey
- 2 cups tomato juice
- 1 cup sherry
- 1 dessertspoon paprika
- 2 dessertspoons salt
- ½ teaspoon black pepper
- 2 whole carrots cut lengthwise
- 4 sticks celery
- 6 cups water

Place the turkey in a large roasting pan. Stuff with the carrots and celery. Mix all other ingredients and pour over turkey. Bake in 375 oven for 3 hours. Turn the turkey every half hour. The skin will be crisp but the meat moist.

(Hundreds of copies of the previous issue of the King David School Cookery Book were sold because of this recipe so that I thought it was only fair to include it in this new edition.—Editor.)

ROAST GOOSE WITH POTATO AND ONION STUFFING

Cook 8 large peeled potatoes in boiling salted water. Drain them and dry them out by shaking the pan over heat until the moisture has evaporated. Dry them. Cook 1 lb. peeled white onions in boiling salted water for 10 minutes. Drain them and add to the potatoes. Add 2 tablespoons chicken fat, 1 teaspoon sage and salt and pepper. The mixture must be dry.

Wash and dry a large goose. Rub the goose inside and out with salt, pepper and ginger. Stuff it with the potato mixture. Sew up the opening. Turn the skin of the neck back and secure it with a skewer. Prick the bird well with a fork. This allows the fat to run out. Place it on a rack in a roasting pan and add 1 cup hot water. Roast in a moderate oven for 25 minutes to the lb. Simmer the giblets in water together with a small onion, celery leaves, salt and pepper to taste for 1 hour. Strain the stock and chop the giblets fine. Add to them the grilled liver of the goose, also chopped.

Combine 1 cup port wine and 1 teaspoon brown mustard and add salt to taste. Remove the goose from the oven and pour the port into it through the neck opening, saturating the stuffing. Return the goose to the oven for 10 minutes longer. Transfer it to a platter and keep warm.

Skin most of the fat from the roasting pan and stir in 1 tablespoon flour. Add the giblet stock and stir, constantly scraping the brown bits from the bottom of the pan. Add the chopped giblets and simmer the gravy for about 5 minutes. Serve with roast apples and green peas.

GOOSE WITH APPLE STUFFING

Soak 20 prunes overnight in port wine. Simmer them in the morning until the pips can be removed. Stone them and add 8 peeled and cored apples. Add salt, pepper and sugar to taste. Stuff the goose with this mixture and roast in the same way as above.

Wines and When to Serve Them

Course	Wine	Characteristics	Temp to serve
HORS D'OEUVRES	Graves Chablis Rhine or Moselle	White Wines—crisp and fresh—not so full or mellow as the wines served later in the dinner.	50° F 50° F 50° F
SOUP	Sherry (pale and dry) Madeira (not too sweet)	White wines, as above, or the heavier wines with their characteristic nutty flavour.	50° F Room temp. 45° F
FISH	White Bordeaux White Burgundy Rhine Moselle	White wines—not too sweet, but light and zestful with fragrant bouquet.	50° F 50° F 50° F 50° F
ENTREES	White Wines, or Claret	Red or white wines (depending on whether entree is of red or white meat) . . . wines of quality and heavier body.	Claret at Room temp. White Wines 50° F
ROASTS	Red Meats Fine Clarets Burgundies White Meats— Full White Bordeaux Fine Flavoured White Burgundies Champagne or Sparkling Burgundy, to continue through the meal.	Red or white wines, a harmonious and subtle blending of bouquet, aroma, velvet and body. Light sparkling wine of great distinction in taste and bouquet.	Room temp. Room temp. 50° F 50° F 50° F
POULTRY	Fine Red Bordeaux or Burgundies Old Red Hermitage	Characteristics as above.	Room temp.
CHEESE	Fine Clarets or Red Burgundies Port Fine Brown Sherry Heavy Vintage Madeiras	Continue red wines as above. Either full bodied or Tawny. (Not too sweet). (Not too sweet).	Room temp.
SWEETS	Madeiras Old Full Sherries	Dessert wines of full flavour and moderately sweet.	Room temp.
COFFEE	Cognac Full Bodied Ports.	Cognac Brandy with the marvellous bouquet that only age and breeding can give. Full bodied old wines or liqueurs.	Room temp.

Beef

BEEF BIRDS

- 8 steaks, ¼-in. thick, pounded thin
- 1 cup soft breadcrumbs
- 2 cloves garlic, minced
- ½ cup chopped parsley
- 1 teaspoon salt
- ½ teaspoon white pepper
- 3 hard-boiled eggs, quartered
- 3 ripe tomatoes, skinned and quartered
- 3 tablespoons oil
- ½ cup chopped onion
- 1 tin tomato paste
- ½ cup dry red wine
- 4 cups stock
- ¼ teaspoon basil
- ¼ teaspoon oregano

Mix together the breadcrumbs, 1 clove garlic, parsley, salt and pepper. Spread on the steaks. Place pieces of egg and tomato on each. Spread evenly and roll up the steaks. Tie securely with cotton.

Heat the oil in a frying pan. Brown the meat in it. Remove. Saute the onion and the other clove of garlic in the oil remaining in the pan. Add the tomato paste when the onions are soft and then the wine, stock, basil and oregano. Bring to a boil and arrange the beef birds in the sauce. Cover and cook over low heat or in a moderate oven for about 1½ hours. Taste for seasoning and serve with rice or spaghetti.

BOEUF BOURGUIGNON

- 2 doz. small onions
- 4 lbs. cubed steak
- 2 tablespoons flour
- 4 cups red wine, heated
- 2 cloves garlic, minced
- 3 peppercorns, crushed
- 1 bayleaf
- ½ cup oil
- ¼ teaspoon thyme
- 4 sprigs parsley
- ½ teaspoon oregano
- dash nutmeg
- ½ lb. mushrooms
- 3 tablespoons minced parsley

Saute the onion in the oil until they are soft. Saute the onion in the oil until they are soft. Remove them from the pan. Dredge the meat with seasoned flour and brown it in the remaining oil. Add the wine, garlic, peppercorns, bayleaf, thyme, parsley, oregano and nutmeg. Cover the pot lightly and cook in a slow oven for about 3 hours. Shake pan and stir occasionally, adding more wine if necessary.

Saute the mushrooms in oil. Add the sauteed onions to the beef and place the mushrooms in the centre. Cook 20 minutes. Taste for seasoning. Just before serving add the minced parsley. Serve with rice or croutons.

SAUERBRATEN

- 4 lbs. beef for pot roasting
- 2 cups white vinegar
- 2 cups water
- ½ cup sliced onions
- ½ cup sliced celery
- ½ cup sliced carrots
- 1 crushed clove garlic
- 1 teaspoon pickling spice
- 2 tablespoons oil
- 2 teaspoons salt
- 8 gingersnaps, crushed
- 2 tablespoons sugar

In a saucepan combine the vinegar, water, onions, celery, carrots, garlic and pickling spice. Bring to the boil and allow to cool. Place the meat in a bowl and pour the marinade over it. Leave in the refrigerator for about 4 or 5 days, turning the meat every day. Drain the meat and reserve the marinade.

Heat the oil in a heavy Dutch oven or skillet. Brown it on all sides. Drain the fat. Sprinkle the meat with the salt and add 1 cup marinade. Cover and cook in a slow oven for about 2½ hours or until tender. Turn meat frequently and add enough marinade to keep the meat from drying out. Transfer meat to a platter.

Stir the gingersnaps and the sugar into the gravy. Taste for seasoning. Serve with potato pancakes and red cabbage.

HUNGARIAN GOULASH

- 5 tablespoons oil
- 2 lbs. steak cut into 1-in. cubes
- 1 cup onions, sliced
- 1 clove garlic, crushed
- 1 teaspoon grated lemon rind
- 1½ teaspoons salt
- ¼ teaspoon black pepper
- 2 teaspoons paprika
- 1 tin tomatoes or 6 skinned ripe tomatoes
- 2 cups beef stock
- 1½ tablespoons flour
- 2 tablespoons water

Heat the oil in a heavy saucepan. Saute the meat and the onions until the onions are soft and the meat is browned. Add the garlic, lemon rind, salt pepper, paprika, tomatoes and enough stock to cover the meat. Cover tightly and cook in a slow oven for 1½ hours. Add more stock if the meat is dry. Mix the flour and water to a paste and add to the gravy, stirring until thickened. Taste for seasoning and serve with noodles.

DUTCH POT ROAST

- 4 lbs. beef in one piece
- salt, pepper and flour
- 3 tablespoons oil
- 1 cup boiling water
- 1 cup celery, chopped
- 1 cup onions, chopped
- 1 cup carrots, chopped
- 1 cup potatoes, diced
- 1 clove garlic, crushed
- 2 tablespoons parsley, minced
- 3 cups stock or half stock and half red wine

Season meat with salt and pepper. Dredge with flour and brown in a heavy saucepan in hot oil. Add boiling water and cover. Simmer in a slow oven for about 3 hours. Turn several times during cooking and add water if meat is becoming too dry. Add remaining ingredients and allow to cook for another 40 minutes. Remove meat to hot platter and cover with the vegetables. Reduce the gravy to 2 cups by boiling it rapidly. Heat 2 tablespoons fat and add to it 2 tablespoons flour. Stir until smooth and gradually add the gravy. You can make it sweet and sour if you like by adding sugar and lemon juice and a little tomato ketchup.

POTATO AND PRUNE TZIMMES

- 1½ lbs. prunes
- 2 lbs. brisket of beef
- salt and pepper to taste
- 6 medium potatoes, pared and quartered
- ½ cup sugar
- 2 tablespoons lemon juice

Soak prunes for several hours in water. Combine prunes, water and meat in a heavy pot. Season with salt and pepper. Bring to a boil and simmer for about 1½ hours over very low heat. Remove meat and prunes from gravy. Add pared and quartered potatoes to the gravy. Now place prunes and meat on top of the potatoes. Sprinkle with lemon juice and sugar. Cover and bake in a moderate oven until the potatoes and the meat are tender and browned, about another 40 minutes.

TZIMMES THAT'S THE SAME

- 2½ - 3 lbs. brisket of beef
- 6 medium-sized potatoes, cut into pieces
- 1 small onion
- 2 tablespoons oil
- 2 tablespoons flour
- salt, pepper
- ½ cup brown sugar

Season meat and let it stand for several hours. Simmer in water to cover until tender for about 2½ hours. Add vegetables for last half hour. Melt fat in pan. Add flour and stir until smooth. Gradually add meat gravy, stirring constantly until smooth. Add 1 teaspoon salt, ½ teaspoon pepper and brown sugar. Pour gravy over meat in a roasting pan. Bake in moderate oven until nicely browned, for about ½ hour.

TZIMMES THAT'S DIFFERENT

- 12 prunes
- 4 dried apricots
- ½ cup sultanas
- 2 tablespoons chicken fat or oil
- 1 cup matzo meal
- 1½ cups sifted flour
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 tablespoon syrup
- water to mix to form a firm dough

Cut prunes and apricots into small pieces. Add all the above ingredients to the fruit and mix well. The mixture should not be too hard.

Now place 3 lbs. brisket and a few marrow bones in a large pot. Add 10 medium-sized carrots, sliced. Cover with water and add salt and 2 tablespoons syrup. On top of this place the dumpling and cook until the meat is tender. In a pressure cooker this should take about 1½ hours.

FRUITED CORNED BEEF

- 4 lbs. corned beef
- water
- whole cloves
- ½ cup brown sugar
- ¼ cup fine breadcrumbs
- 1 teaspoon dry mustard
- grated peel and rind of 1 orange
- grated peel and rind of 1 lemon
- 1 cup cider or apple juice

Cover meat with cold water. Bring to a boil and remove scum. If beef seems very salty, pour off water and add fresh water. Simmer slowly for three hours or until tender. Cool. Place drained corned beef in a roasting tin. Score fat with a sharp knife. Cut diagonal lines across the beef and then cross those lines to make diamonds. Stud with whole cloves. Combine brown sugar, crumbs, mustard and peels. Pat meat with crumb mixture. Place in a moderate oven until slightly browned, basting frequently with a mixture of lemon and orange juice and cider. Bake for 30 minutes.

BEEF OLIVES

- 12 thin slices stewing steak, well pounded
- ¾ lb. sausage meat
- 1 onion, chopped
- 1 crushed garlic
- 2 tablespoons chopped parsley
- 3 cups red wine or half red wine and half stock
- 2 tablespoons tomato puree
- 1 cup pitted olives (optional)

Rub meat with garlic and sprinkle with salt and pepper. Spread slice with thin layer of sausage meat and sprinkle with finely chopped onion and parsley. Roll up and tie securely. Dredge with flour and brown in fat or oil. Place the meat in a heavy casserole. Add the wine and stock mixed with tomato puree and seasoning. Cover and place in 250 oven for about 2 hours. Fifteen minutes before serving add the olives.

SANJUCK

(Beef strips, mushrooms and green onions on skewers, dipped in flour and egg.)

- 1/2 lb. thin beef strips
- 1 cup sliced mushrooms, cooked
- 2 tablespoons salad oil
- 2 tablespoons soy sauce
- 1 clove garlic, crushed
- 1/2 teaspoon sugar
- pepper and monosodium glutamate
- 2 bunches green onions
- flour
- 3 eggs well beaten
- oil for frying
- If you can get it 1 teaspoon crushed sesame seeds

Cut meat across the grain in strips 1/4 in. thick and cut into 2 in. lengths. Toss meat in a bowl with the drained mushrooms, garlic, oil, soy sauce, sesame seeds, pepper and monosodium glutamate. Let it stand for at least 1/2 hour. Trim and wash onions and cut in 2 in. lengths. On short skewers thread 2 pieces of meat, then 2 onions and 2 mushroom slices. Repeat with another 2 pieces of meat, 2 onions and 2 mushrooms. Roll skewers in flour and then in beaten eggs. Let them stand for 5 minutes. Cover bottom of frying pan with oil and heat until medium hot. Place skewers in pan and cook until golden brown and crusty, about 10 minutes on each side.

SLICED STEAK WITH MARSALA SAUCE

- 2 onions, finely chopped
- 1/2 cup oil or chicken fat
- 2 lbs. very thin steaks
- 6 mushrooms, chopped
- parsley, finely chopped
- 1 tablespoon marsala or sherry and 1
- tablespoon worcester sauce
- another 1/2 cup oil or chicken fat

Brown the onions in 1/2 cup oil and add to the pan about 6 thin slices steak. Saute the steak for about one minute on each side. Remove the meat from the pan. Add the mushrooms and parsley and the wine. Now add the worcester sauce with the extra 1/2 cup oil. Combine the steaks with the sauce and season with salt and pepper.

CARBONNADES A LA FLAMANDE

- 2 lbs. beef, cut into cubes
- salt, pepper and flour
- 1/4 cup oil
- 6 onions, sliced
- 1 clove garlic, crushed
- 1 can beer
- 1 tablespoon chopped parsley
- 1 bayleaf

Dredge the meat in seasoned flour. Heat the oil in a pan and add the garlic and onion. Soften the onion but do not allow to brown. Place the onions in an ovenproof casserole. Now add the meat and brown on all sides. Place the meat on the onions and add the other ingredients. Cover and cook in 300 deg. oven for about 2 hours.

GOULASH WITH BARLEY

- 2 lbs. lean beef
- 1/2 cup flour
- salt, pepper and paprika
- 2 tablespoons oil
- 4 onions, chopped
- 4 tomatoes, skinned
- 2 tablespoons barley
- 2 bayleaves
- 1 clove garlic, mashed
- 2 cups red wine or half wine and half stock

Season the meat with salt, pepper and paprika and dredge with flour. Brown it in the hot oil in a heavy casserole. Add the chopped onions and soften them. Add all the other ingredients. Tightly cover the casserole and leave it in a very slow oven for about 4 hours. Add more stock or wine from time to time to prevent the goulash from drying out.

BEEF A LA MODE

- 4 lb. beef for pot roasting
- salt, pepper, thyme, rosemary and garlic
- 2 sliced onions
- 6 skinned tomatoes rubbed through a sieve
- 4 whole carrots
- 2 whole turnips
- the peel of an orange without pith
- lemon peel
- 1 cup red wine
- 1/2 cup oil

Season the meat with salt and pepper. Rub with garlic, thyme and rosemary. Braise the meat in the oil. Add the onions and soften them. Now add the vegetables, the peel and the cup of red wine. Cover the pan and simmer very slowly in a very low oven. The dish can be left in the oven overnight at 200. The sauce should have the consistency almost of jam and the meat should be very soft. Cut the carrots and turnips into big strips, sprinkle with chopped parsley and more chopped lemon peel. Cool it. Remove the fat. Reheat and leave to cool again. Serve with mayonnaise mixed with horseradish.

BOEUF FONDU BOURGUIGNONNE

For this dish, which is cooked at the table, you need a deep metal pot, preferably one which narrows at the top so that the oil does not splutter. For 6 people use 3 lbs. beef, cut into thin strips. Have ready about 4 different sauces, e.g. mayonnaise flavoured with chives, French mustard with capers, a curry sauce to which you can add chutney, a tomato sauce and a sauce to which mushrooms and wine are added.

Heat 1 cup oil in the pot at the table. Allow each guest to saute about three pieces of meat at a time and then to impale the beef on long fondue forks. Each guest arranges the various sauces on her plate and the hot browned meat is dipped into whatever sauce is preferred. Serve with French bread and green salad.

ESSIG FLEISCH

- 4 lbs. beef (brisket, rib or flank)
- 4 onions, chopped
- 2 teaspoons salt
- 1½ cups boiling water or stock
- 3 tablespoons brown sugar
- 4 tablespoon lemon juice

Brown the beef in its own fat in a heated iron pot. If there is not sufficient fat then use about ¼ cup oil. Add the onions and cook over low heat until the onions are softened. Add the salt and the boiling water. Cover and cook in a medium oven for about 2 hours. Add the sugar and lemon juice and cook for another ½ hour. Correct the seasoning. You can cool the meat and remove all the fat from the top and reheat. Serve with noodles or boiled potatoes.

RIB ROAST BRAISED IN WINE

- 4 lbs. rib, boned and rolled
- flour, salt and pepper
- ¼ cup oil
- ½ cup chopped onion
- ½ cup chopped leeks
- ½ cup chopped carrots
- 1 clove garlic, crushed
- 2 cups dry red wine
- 1 bayleaf
- 2 tablespoons warmed brandy

Dredge the roast with seasoned flour. Heat the oil in a heavy iron pot which has a lid. Brown the meat on all sides. Add the onions, leeks, carrots and garlic and saute until browned. Add the wine and bayleaf. Warm the brandy and flame it. Pour over the meat. Cover and place in 350 oven for about 4 hours. If necessary, add more wine or stock. Transfer the meat to a warm platter and strain the sauce.

PICKLING BRINE FOR CORNED BEEF

This is enough brine for 10 lbs. meat. You can pickle a tongue and a brisket together.

- 2 cups coarse salt
- 8 cups water
- 1 teaspoon saltpetre
- ¼ cup brown sugar
- 1 tablespoon mixed pickling spices
- 1 teaspoon paprika
- 15 bayleaves
- 5 cloves garlic, crushed

Dissolve salt in water. Combine with remaining ingredients, except garlic, and boil for five minutes. Cool. Place beef in a stone crock. Add the garlic and pour the brine over the meat. Cover with a heavy plate and weigh it down with a stone. Keep in a cool place and turn every few days. Leave in brine for about 1 week. A good way of testing brine is by putting a peeled potato into it. If the potato floats on top, the proportion of salt is too high. If the potato sinks to the bottom there is not enough salt. The potato must float more or less in the middle.

RIB ROAST IN FOIL

4 lbs. rib roast rubbed all over with 1 packet of dehydrated onion soup. Wrap the roast in 3 large pieces of heavy aluminium foil so that no juices can escape. Place in roasting pan and bake for 3½ hours. Unwrap at the table.

BARBECUED BEEF CASSEROLE

- 1½ lbs. steak cut into 1 in. cubes
- 2 tablespoons oil
- salt and pepper
- 2 cloves garlic, crushed
- 12 small white onions
- ½ cup vinegar
- ¼ cup water
- 1 tablespoon brown sugar
- 2 tablespoons worcester sauce
- ½ cup tomato ketchup
- 2 teaspoons dry mustard
- 2 cups cooked peas

Brown the meat in the oil. Sprinkle with salt and pepper. Add the onions, garlic, water, brown sugar, worcester sauce, ketchup and mustard. Place in an ovenproof dish and cover. Leave in 300 deg. oven for about 2 hours. In the last 15 minutes of cooking, uncover and stir in the peas.

CORNED BEEF AND CABBAGE

Wash the corned beef under running water to remove the surface brine. Cover with boiling water and simmer for 4 hours until a fork can penetrate the centre. Add 6 whole small carrots, 6 diced turnips, 6 whole small potatoes, peeled, and 1 head of cabbage cut into wedges for the last ½ hour of cooking. Allow the beef to cool in its own liquid. When ready to serve, cut off from the brisket as much as needed and set on stove to warm. Take as much stock as you need to cover the cabbage, this should be strained—bring to a boil and add a pinch of bicarbonate of soda and the cabbage. Serve with boiled beetroots and strong horseradish.

BRISKET OF BEEF WITH SAUERKRAUT

- 2 lbs. brisket
- 1 onion, sliced
- 1 bayleaf
- 2 cups sauerkraut
- 1 potato, grated
- 1 apple, sliced
- ½ tablespoon caraway seed

Place meat in large pot with cold water to cover. Bring to boil and skim. Add onions, bayleaf and salt if necessary. Simmer until tender for about 2 hours. In another pot place sauerkraut, potato and apple. Add 2 cups water and simmer for 1½ hours. Remove meat with ¼ of its liquid. Add to sauerkraut. Sprinkle with caraway seed and simmer for another ¼ hour.

Tongue

TONGUE WITH OLIVES

- 1 beef tongue, fresh or pickled
- 3 tablespoons fat
- 2 onions, chopped
- 1 clove garlic, crushed
- 2 tablespoons flour
- $\frac{1}{2}$ cup tomato sauce
- $\frac{1}{2}$ cup white wine
- 2 tablespoons vinegar
- $\frac{1}{2}$ teaspoon pepper
- 1 bayleaf
- $\frac{1}{2}$ teaspoon ground ginger
- 1 cup olives

Boil the tongue till done. Drain and keep $1\frac{1}{2}$ cups stock. Peel the tongue and slice in to $\frac{1}{4}$ in. slices. Melt the fat in a saucepan and add the onions and garlic. Saute for 5 minutes, stirring frequently. Add flour and mix till smooth. Combine the stock, tomato sauce, wine and vinegar and add to the onion mixture, stirring constantly until it starts to boil. Add pepper, bayleaf, ginger, olives and the tongue slices. Cook over low heat for 15 minutes. Correct seasoning and serve.

TONGUE IN WINE

- 1 fresh or pickled tongue
- 1 large onion
- 2 large tablespoons fat
- 2 tablespoons tomato sauce
- stock, salt and pepper
- 1 cup brown sherry,
- mushrooms
- Maizena to thicken

Brown finely chopped onion in fat until straw coloured. Add sliced mushrooms and brown together. Then add tomato sauce, sherry seasoning and stock. Thicken slightly. Add cut slices of tongue and simmer gently.

BOILED BEEF TONGUE

- 1 pickled tongue
- 1 onion, 1 leek
- 1 clove garlic, crushed
- 4 peppercorns and 2 cloves
- 2 teaspoons salt
- 2 sprigs parsley

Put the tongue in a large pot and cover it with water. Add the leek, onion stuck with the cloves, garlic, peppercorns, salt and parsley. Bring to the boil and simmer covered for about 3 hours or until the tongue is tender and the skin peels off easily. Remove the skin and the cartilage and the few small bones. Serve hot or cold.

GLAZED TONGUE—(1)

Stud the tongue with cloves and place it in a baking dish. Blend $\frac{1}{2}$ cup honey with $\frac{1}{4}$ cup vinegar and baste the tongue with this mixture in a 350 oven until the tongue is glazed.

GLAZED TONGUE—(2)

Boil a pickled tongue until nearly soft. Peel it and stud it with cloves. Place in a roasting pan in the oven and pour over it the following sauce:

- $\frac{2}{3}$ cup tomato ketchup
- $\frac{2}{3}$ cup brown sugar
- 2 tablespoons prepared mustard
- 6 tablespoons brown vinegar
- 8 tablespoons tongue stock

Bake until soft, basting constantly.

SWEET AND SOUR SAUCE FOR TONGUE

2 cups liquid in which fresh tongue has been cooked. If the tongue has been pickled, do not use the liquid but substitute chicken stock made from a cube or from the Telma soup powder.

- 1 large onion, diced
- 1 tablespoon fat
- 1 tablespoon flour
- $\frac{1}{2}$ teaspoon salt
- 1 stick cinnamon
- 4 whole cloves
- $\frac{1}{4}$ cup chopped almonds
- $\frac{1}{4}$ cup seedless raisins
- $\frac{1}{4}$ cup brown sugar
- 1 tablespoon honey
- juice of 1 lemon

Heat the stock. Saute the onion in hot fat until golden. Sprinkle with flour. Slowly add the hot liquid, stirring all the time. Add remaining ingredients.

Simmer for 10 minutes. Add sliced tongue and simmer until tongue is heated. Remove cinnamon before serving.

TONGUE A L'ITALIENNE

Boil a tongue in the usual way, either fresh or pickled. Put in a saucepan a layer of carrots, onion, tomatoes, eggplant (optional) and a little sliced green pepper (also optional). Cover with about $\frac{1}{4}$ cup oil. Cook these ingredients until they are soft. Add 1 cup white wine or pale sherry. Put in the sliced tongue which should be covered with the liquid. Cover and heat in a medium oven for about 25 minutes.

ORANGE SAUCE FOR TONGUE

Boil a pickled tongue in the usual way and slice it. Serve with the following sauce:

Melt 2 tablespoons fat in a pan. Blend in 2 tablespoons flour. Cook until brown. Add 1 cup stock and stir. Remove the sauce from the fire and add $\frac{1}{4}$ cup sugar melted and browned, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ cup raisins and $\frac{1}{2}$ cup chopped walnuts or blanched almonds together with the grated rind of 1 orange. Place the tongue on a warm platter and border the platter with 5 peeled and sliced oranges which have been tossed in $\frac{1}{2}$ cup oil seasoned with salt and pepper. Serve the sauce separately.

BAKED SLICED TONGUE IN BARBECUE SAUCE

Slice a pickled tongue when it is cold. Flour, egg and breadcrumb each slice and fry in oil. Place the fried slices in an iron casserole. Make a sauce as follows:

Make a brown stock by using 4 tablespoons fat heated in a pan. Add 4 tablespoons flour. Now add about 3 cups hot stock. Stir all the time. Add $\frac{1}{2}$ cup prepared horseradish, $\frac{1}{2}$ bottle mustard pickles and a few tablespoons tomato ketchup. Cover the tongue with this sauce and heat in a medium oven for about 25 minutes. Don't worry about the exactness of quantities. Taste the sauce and add ingredients according to your taste. If you want to make the dish without frying the slices in the batter, you can do so, but it will make the dish a little less interesting.

SPICED BEEF TONGUE

- 1 fresh tongue in water to cover
- 1 tablespoon salt
- 1 onion, sliced
- 4 black peppercorns
- 1 bayleaf
- 3 strips lemon peel
- 1 teaspoon cinnamon
- 3 teaspoons brown sugar
- 2 cups red wine

Place the tongue, salt, onion, peppercorns and bayleaf in a saucepan. Cover with the cold water and bring to a boil. Reduce heat, cover the pot and simmer the tongue until it is tender, about 3 hours.

Remove the tongue from the water and cool. Trim it and cut into slices. Place the tongue slices in a casserole and add remaining ingredients. Bake in a 400 oven until the meat absorbs nearly all the liquid, about $\frac{1}{2}$ hour. Serve hot or cold.

Dishes with

STUFFED GREEN PEPPERS

- 1½ lbs. ground beef
- $\frac{1}{2}$ cup uncooked rice
- salt and pepper
- 1 onion, chopped
- 4 green peppers, tops removed and seeded
- 2 tablespoons brown sugar
- 1 can tomato puree — 8 ozs.

Mix beef with rice. Season to taste and add onion. Wash and seed peppers and stuff with meat mixture. Bring about 1 in. water to boiling point in a casserole (any remaining mixture may be made into balls and added to casserole). Cover and cook over medium heat for 1 hour. Combine tomato puree with brown sugar. Pour over peppers and cook for 30 minutes longer.

PILAFF

- 3 cups water
- 1 teaspoon salt
- 1½ cups rice
- 1 cup sultanas
- 1 tablespoon grated orange rind
- 2 cups chicken stock made from a Telma cube
- 3 tablespoons sugar
- 2 lbs. lean beef or mutton, cut into cubes
- oil
- 4 onions, chopped
- another cup of stock
- salt and pepper

Put 3 cups water and 1 teaspoon salt in a bowl. Add the rice. Let it soak for $\frac{1}{2}$ hour. Meanwhile, soak a cup of raisins in 2 cups hot water and 2 tablespoons sugar. Take 1½ lbs. meat, lean beef or mutton, cut into cubes. Brown them in oil. Push the meat to the side of the pan while you soften the onions. Place the onions and the meat into an ovenproof dish. Drain the water off the rice and the raisins and mix them, adding the grated orange rind. Spread on top of the meat mixture. Add 1 cup stock. Put about $\frac{1}{2}$ cup oil or margarine on top of the rice with salt and pepper. Place the dish, uncovered, into a medium oven for about $\frac{1}{2}$ hour. Stir every now and again so that the top rice does not become too hard. If it seems to be drying out, add some more stock, a little at a time.

Mince Meat

STUFFED GREEN PEPPERS (2)

- 5 peppers
- $\frac{1}{2}$ cup raw rice
- 3 medium-sized tomatoes
- $\frac{1}{2}$ lb. mincemeat
- salt, lemon and sugar

Cook rice and brown raw minced meat until cooked. Mix together. Fill the peppers and place in a saucepan. Add sliced tomatoes, $\frac{3}{4}$ cup water and boil for 20 minutes over low heat. Add lemon and sugar. Replace over low heat for a few minutes and serve hot. This recipe can be made without the meat, using only rice. The amount of rice must then be increased.

STUFFED GREEN PEPPERS (3)

6 very large green peppers. If the peppers are long, they can be sliced lengthwise in half. They must be seeded. I like to boil them in boiling salted water for a few minutes in order to soften them. Cool them and drain them well. Brown 3 finely chopped onions in oil. Now add about 3 lbs. minced meat and brown. Season with salt and pepper and mix with about 1½ cups cooked rice. Add a few tablespoons finely chopped parsley. Stuff the green peppers with this mixture and place them in an oiled casserole. Cover them with undiluted tomato soup and sprinkle with basil. Bake them in a very slow oven, about 250, for 1½ hours. They are better if served the next day after having been reheated.

HOT SAVOURY MEAT BALLS

- 2 lbs. minced beef
- 1 thick slice white bread without crusts, soaked in water
- 2 slightly beaten eggs
- 1 large onion, chopped and sauteed in oil salt and pepper (approx. 4 teaspoons salt and ½ teaspoon pepper)

Mix these ingredients well and form into small balls, the size of prunes. Brown the meat balls in oil in a large frying pan.

Slice 8 medium unpeeled cucumbers and cut into cubes 2 medium eggplants. These can be peeled if you wish but it is not necessary. Seed 4 green peppers and cut into strips. Peel and slice 10 ripe tomatoes. Heat ¾ cup oil in a casserole. Add 4 cloves crushed garlic, 2 large sliced onions. Cook slowly until soft. Flour the eggplant slices and add. Finally put in the green peppers. Cover pan and cook slowly for about 35 minutes. Do not allow to burn. Add salt and pepper and a little more water if necessary. Stir frequently. Now add the tomatoes and cucumber which has also been floured. Cover and cook slowly for another 15 minutes. Add the meat balls and cook for another 10-15 minutes. Serves 8-10 people.

SWEET AND SOUR MEAT BALLS

- 1 lb. mincemeat, beef and veal mixed
- 1 large egg
- 1 clove garlic, crushed
- 1 onion, minced and fried
- parsley, finely chopped
- salt and pepper
- 1 thick slice of bread or 1 roll, soaked in water and squeezed out

Mix all ingredients together and form into little balls. Fry in oil and cover with sauce:

- 3 tablespoons oil
- 3 tablespoons sugar
- 3 tablespoons lemon juice
- 2 cups stock

Allow the meat balls to simmer in the sauce for 15 minutes.

AMERICAN MEAT LOAF A LA OMAR KHAYAM RESTAURANT

- 2 lbs. minced meat
- 2 large chopped onions
- 2 large green peppers, seeded and chopped
- ½ cup chopped parsley
- 1 cup breadcrumbs
- 2 raw eggs
- ½ teaspoon allspice
- ½ teaspoon powdered mustard
- ½ cup tomato juice
- salt and pepper
- 4 hard-boiled eggs for stuffing

Put meat, peppers, onions and parsley through mincer. Mix in a large bowl. Add bread and all other ingredients. Break in the 2 raw eggs and combine thoroughly. Form into a roll, putting hard-boiled eggs in the centre of the meat. Roll in greased foil, making a package with both ends sealed. Put in baking dish and bake for 2 hours in moderate oven. Serve hot or cold.

DOLMADES WITH AVGOLEMONA SAUCE

- 1 lb. mincemeat
- 1 onion, finely chopped
- 1 clove garlic, crushed
- ¼ teaspoon nutmeg
- ¼ teaspoon cinnamon
- ½ cup rice
- 1 tablespoon mint, finely chopped
- 2 tablespoons chopped parsley
- 1 head of cabbage
- salt and pepper

Mix together all ingredients except for the cabbage. To prepare the cabbage, remove as much of stem as possible, then cover with boiling salted water and allow to stand for 15 minutes. Separate 12 leaves, dip in cold water and spread flat. Fill leaves with meat mixture, fold over edges and roll carefully. Fasten with toothpicks if necessary. Arrange rolls on bottom of pot and add 1½ cups water. Place a plate on top of the dolmades to keep them flat and cover. Three tablespoons tomato puree may be added to liquid if liked. Simmer for 1 hour.

SAUCE:

Beat the whites of 2 eggs until stiff and add the yolks and beat again. Add the juice of 2 lemons and mix. Now beat in 1 cup of liquid from the meat. Pour over dolmades and serve.

KEBAB ROUMANIAN STYLE

- 1 lb. beef, ground
- salt, pepper, and, if you have it, cumin
- ½ cup cold water
- 1 clove garlic, crushed
- chopped parsley
- pinch bicarbonate of soda

Grind the meat, garlic and parsley very fine, two or three times. Add spices and let it stand for at least 15 minutes. Before grilling the soda is added. Shape and put on spits and grill under griller.

DOLMADES WITHOUT MEAT AND SERVED CHILLED

- 1 cup oil
- 2½ cups onions, chopped
- ½ cup raw rice
- ½ cup chopped parsley
- ¼ cup currants
- ¼ cup pine nuts or blanched almonds
- ¼ cup tomato puree
- ½ cup water
- ¼ teaspoon allspice
- ¼ teaspoon cinnamon
- 1 dessertspoon salt
- ¼ teaspoon black pepper
- grape leaves

Pour oil into cooking pot. Add onions and saute until golden brown. Add rice and cook covered for ½ hour with the onions. Add all the other ingredients and cook for 5 minutes. Allow to cool a little. Now put a teaspoonful of this mixture on each grape leaf and roll it up like a package. In the bottom of a baking pan place some sliced onions, lettuce or grape leaves. This prevents the dolmades from burning. Put stuffed rolled leaves side by side in the pan and put a large plate over them and pour water over the plate. Cook on a slow fire for about 1 hour. Let them cool in the pot. Serve as an appetiser or with cold meats. The grape leaves should be young and tender otherwise use canned grape leaves which are available at several Greek grocers in Johannesburg.

ROYAL MEAT ROLL

- 1 lb. mincemeat
- 2 onions, grated
- pepper and salt
- 2 eggs

Soften the onions in oil, add the meat and the salt and pepper and stir until brown. Now add the 2 eggs and mix well.

ROLL:

Boil together 4 tablespoons margarine or vegetable shortening. Add a pinch of salt. When the mixture boils add 1 cup flour. Mix thoroughly and take off fire. Chill. Beat 5 egg yolks into the dough and fold in 5 stiffly beaten egg whites. Pour into large oiled swiss-roll tin and bake in 400 oven for about 20 minutes or until dough will fall out of the pan easily. Turn the dough on to a moist towel and roll it. When the dough is cool, unroll it and spread the meat filling over it. Roll it up again. Bake for another 10 minutes in a medium oven. This can be served with any hot sauce you like. It can be eaten as an entree or as a main course with vegetables.

Remember this dough because it has a variety of uses. I spread it with cream cheese, seasoned with salt and pepper and grated onion and softened with a little cream. Over this I spread caviar or smoked salmon or smoked snoek and roll it up. Then I cover the dough with more cream cheese mixture. Decorate it with gherkins and tiny pickled onions and serve it ice-cold as an appetiser. It originates from the Hotel Morish in Jerusalem.

EGGPLANT ROULADES

- 1 large eggplant
- 1 cup ground meat, mixed with onion, salt and pepper
- 1 cup tomato sauce, not ketchup

BATTER MIXTURE:

Beat 2 eggs with ¾ cup water or beer. Add 1 cup flour, ¼ teaspoon salt and 1 tablespoon oil. Cut a very large eggplant into thin slices and salt these. Cover with a board and allow to stand for about 15 minutes. Drain well. Cover with cooked meat mixture and roll up. Fasten with toothpicks. Roll in batter and fry in oil. Cover with tomato sauce and simmer for 20 minutes.

To cook the meat, fry the chopped onion and then brown the meat in a little oil. Season with salt and pepper.

TO MAKE THE TOMATO SAUCE:

Fry a chopped onion and a crushed clove of garlic in 2 tablespoons oil. Add salt and pepper, a little paprika if you have it, and 3 skinned and chopped tomatoes, a bayleaf, 1 cup of water and 2 tablespoons tomato puree. Simmer together for about 15 minutes. Strain.

Use your imagination and vary the sauce. You can add chopped green peppers. You can use parsley or mint or basil. Not all three together. Try not to use too much tomato puree. It tends to be very sour. Always, when cooking with tomatoes, add just a pinch of sugar.

SQUASH LOAF

- 2 lbs. baby marrow or zucchini
- 1 lb. minced lamb
- 1 cup chopped onions
- ½ cup chopped parsley
- 2 eggs
- 2 sliced tomatoes
- 1 cup water
- salt and pepper

Braise meat and onions and allow to cook for 10 minutes. Add beaten eggs, parsley, salt and pepper and mix well. Slice marrows lengthwise in strips ¼ in. thick. Place a layer of marrows in bottom of baking dish. Add a layer of the meat mixture and another of marrows until all have been used up. Place a layer of tomato on the top. Pour water over it. Bake for 1 hour in 375 oven. Serve with rice.

CORNEB BEEF HASH

- 1 lb. cooked corneb beef, minced
- 3 medium cooked potatoes
- 1 small onion
- ½ large green pepper
- 1 small stalk celery
- ¼ cup chopped parsley

Mince all the ingredients together. Mix well. Turn into a shallow, greased 9 in. pan. Bake in 425 oven until the crust is brown for about 20 minutes. Fold as you would an omelette. Serve with tomato sauce.

RED FLANNEL HASH

- 1½ cups cooked and minced corn beef
- 1½ cups chopped boiled potatoes
- 1½ cups chopped boiled beetroots
- 1 minced onion
- ½ cup water
- 1 teaspoon worcester sauce
- salt and pepper
- 2 tablespoons oil

Mix together the beef, potatoes, beets, onion, water, worcester sauce, salt and pepper. Heat the oil in a frying pan and add the meat mixture. Cook over low heat, stirring occasionally, until hot. Allow it to cook until it forms a crust underneath. Fold over like an omelette and turn out onto a hot platter.

HAMBURGER POTATO ROLL

- 1 tablespoon oil
- 1 medium onion, chopped
- 1 small clove garlic, crushed
- 1 lb. minced beef
- 1 egg, lightly beaten
- 2 slices bread, crusts removed
- water
- salt, pepper
- ¼ teaspoon oregano or rosemary
- 2 tablespoons dry breadcrumbs
- 2 cups seasoned mashed potatoes
- 1 tablespoon minced parsley or green pepper

Heat the oil and add the onion and the garlic. Saute until the onion is soft. Remove to a bowl and add the beef and the egg. Soften the bread in water and press out the excess water. Add the bread to the meat. Add the salt, pepper and oregano. Mix well. Sprinkle a piece of waxed paper with crumbs and press the meat out on to the crumbs to make a rectangle about 1½ in. thick. Beat the mashed potatoes with the parsley and spread on top of the meat. Using the waxed paper as an aid, roll the meat and potatoes, jelly-roll fashion, and place in a loaf pan. Grease the pan if the meat is lean. Brush with oil and bake about 1 hour in 375 oven. Serve with a mushroom or tomato sauce.

This is a very famous recipe originally printed in "The New York Times."

MOUSSAKA A LA TURQUE

- 4 medium eggplants
- ¾ cup salad oil
- 1 tablespoon lemon juice
- 6 tablespoons hot water
- 1 clove garlic, crushed
- 3 tablespoons minced onion
- ½ cup chopped mushrooms, optional
- 2 tablespoons minced parsley
- 1½ cups skinned and diced tomatoes
- 1 cup minced cooked lamb
- ½ teaspoon black pepper
- 2 eggs, slightly beaten

Cut 3 of the eggplants into halves lengthwise. Run a sharp pointed knife around the inside of the skins, separating them from the pulp. Score the pulp cutting almost through but be careful not to pierce the skins.

In a frying pan heat 2 tablespoons of oil, add 2 eggplant halves, cut side down. Cook for 2 minutes. Combine 1 teaspoon lemon juice with 2 tablespoons hot water and add. Cover and cook over low heat for about 10 minutes. Remove from the pan and scoop out the pulp, leaving the skins intact. Place the pulp in a bowl and reserve. Repeat the process, using up the other eggplant halves.

Peel the fourth eggplant and cut into slices ½ in. thick. Coat the slices lightly with flour and brown on both sides in the remaining oil, except for 1 tablespoon.

Heat this tablespoon oil in a pan and add the garlic, onion and mushrooms and saute until the onion is soft but not brown. Stir in the parsley, tomatoes, lamb, salt, pepper and eggs.

Line an oiled pyrex dish with the skins, having the purple exterior next to the sides of the dish and extending over the edge. Place a 1 in. layer of eggplant and lamb mixture in the bottom of the dish. Cover this with the fried eggplant slices. Repeat this process until the dish is filled and ending with a layer of the meat mixture. Bring the skins which extend over the side of the dish towards the centre. If the skins are not long enough to cover the top, place a piece of foil over the uncovered portion.

Place the mould in a pan of water and bake for 1½ hours. Remove from the oven (400) and let stand for 10 minutes. Unmould on to a serving platter and serve with tomato sauce—not ketchup.

Lamb

CROWN ROAST LAMB

- 3 lbs. crown roast
- 1½ lbs. minced steak
- 1 egg
- salt and pepper to taste
- 1½ cups rice
- tinned or freshly boiled peas
- diced boiled carrots
- parsley

Mince the beef and add salt, pepper and egg. Place the crown roast in a roasting pan with some oil or fat. Allow the wide part of the crown to lie on the bottom of the pan. Fill the centre of the crown with prepared minced steak, leaving about 1½ in. from the top free from meat. Place in oven. Roast and when ready place on a platter. Fill the space at the top with boiled rice. Decorate the platter with more rice. Garnish with peas and carrots and chopped parsley.

For 8 people order a crown made of 16 chops. Cover the tips of the chops with aluminium foil so that they do not char in roasting. When serving you can garnish the tips with paper frills. The roasting time is about 1½ hours in a medium oven.

CASSEROLE OF MUTTON

- 6 small lamb chops
- 1 large onion
- 1 large tomato
- a handful of green peas
- 3 potatoes
- celery, parsley, salt and pepper

Wash chops and trim off all fat and place in Pyrex casserole. Slice onion and tomato: add to meat and sprinkle with chopped celery and parsley. Add salt and pepper to taste and green peas. Add ½ cup water and place halved, peeled potatoes on top. Cover and cook slowly till tender in 350 oven. Just before serving remove lid and brown potatoes under grill.

ROAST STUFFED LAMB

- 1 breast of lamb weighing about 2 lbs.
- 3 tablespoons oil or fat
- 1 chopped onion
- 8 oz. sausage or well-spiced minced meat
- 2 sliced hard-boiled eggs
- ½ cup water
- watercress to garnish

Melt the fat in a frying pan and fry the onion in it until it is tender. Mix it with the sausage meat in a bowl and season with salt and pepper. Spread this stuffing over the inside of the meat and put slices of egg on top. Roll up the meat with the stuffing inside and tie with string. Put the meat into a casserole with the water. Cover with greased greaseproof paper. Cover with a lid and bake in a moderate oven 350 for about 1½ hours.

SWEDISH LAMB

- 4 lbs. shoulder of lamb
- salt, pepper
- 3 onions, sliced
- 3 carrots, sliced
- 1 cup hot beef stock
- 1½ cups hot strong coffee
- 1 tablespoon sugar

Season the lamb and place on a rack in a roasting pan. Surround with onions and carrots. Roast in 425 oven for about half an hour and skim off fat. Reduce the oven temperature to 375 and add the stock, coffee and the sugar. Baste frequently until done. Force the gravy through a strainer.

POT ROAST OF LAMB

- 4 lbs. shoulder of lamb
- 2 sliced onions
- salt, pepper and oil
- sprig of rosemary or 1 teaspoon dried rosemary
- 1 large onion studded with 2 cloves
- 2 cups tomato juice
- 2 cups stock or red wine
- flour

Brown the lamb in a very little oil after having seasoned it with salt and pepper. Soften the 2 sliced onions in the same oil. Heat the tomato juice and add with the wine or hot stock. Place the onion in the pot and the rosemary. Cover and simmer slowly until tender. Remove the lamb to a warm platter. Heat 3 tablespoons fat in a saucepan and add 3 tablespoons flour. Add the strained juice from the pot roast very slowly, stirring all the time. If you like, add about 3 tablespoons capers.

SKEWERED LAMB INDONESIAN STYLE

- 3 lbs. lamb cut into cubes
- ½ cup soy sauce
- ½ teaspoon chilli powder
- ¾ cup hot water
- ½ cup peanut butter
- ½ cup roasted peanuts, ground
- juice of 1 lemon

Combine all ingredients except the lamb in a saucepan. Bring to the boil and stir until smooth. Cool. Pour half the sauce over the meat. Allow to stand for 1 hour. Skewer the lamb and reserve the marinade that you have not used. Grill the skewered lamb and serve with a sauce made as follows:

- reserved marinade
- 4 tomatoes, peeled and put through a strainer
- ¼ cup water
- juice of 1 lemon and a few drops of tabasco sauce

Combine the ingredients and bring to a boil.

SPRING LAMB STEW

- 2 tablespoons oil
- 2 minced onions
- 2 teaspoons paprika
- 3 lbs. shoulder of lamb—remove as much fat as possible and cut into cubes salt, pepper
- 1 teaspoon sugar
- 4 tomatoes, skinned and pushed through a sieve
- 3 cups chicken stock
- 3 whole cloves
- $\frac{3}{4}$ teaspoon thyme
- 1 clove garlic
- 1 bayleaf
- 6 sprigs parsley
- 1 cup celery, cut into $\frac{1}{2}$ in. pieces
- $1\frac{1}{2}$ cups raw carrots
- 4 medium potatoes
- 2 tablespoons oil
- $\frac{1}{2}$ lb. mushrooms
- 2 tablespoons chopped parsley

Heat the oil in a large stewing pot. Fry the onions until golden. Add the 2 teaspoons paprika and rub them in. Sprinkle the lamb shoulder with salt, pepper and sugar. Add to stewing pot and brown slowly, turning often. Heat the tomatoes together with the chicken stock. Add to lamb and also the cloves and the thyme. Crush the garlic and add with the bayleaf and the parsley. Bring to boil and reduce heat. Simmer slowly for 1 hour. At the end of 1 hour add the celery, the carrots, cut into pieces, and the potatoes, cubed. Cover again and simmer for another hour. Melt the other 2 tablespoons oil in a pan and the mushrooms. 15 minutes before the stew is finished add the mushrooms. Remove the bayleaf and the parsley. Allow the stew to stand until it is cool and remove the fat. Correct the seasoning and reheat. Garnish with chopped parsley.

BOBOTIE

- 2 lbs. mincemeat
- 1 thick slice of bread, soaked in water and squeezed dry
- 2 eggs
- oil
- 1 onion, chopped fine
- 1 clove garlic, crushed
- 1 dessertspoon curry powder
- 1 tablespoon apricot jam and a few blanched almonds

Combine all the ingredients and place them in an oiled overproof dish. Place the bobotie in a pan of hot water in a medium oven for about $\frac{1}{2}$ hour. Remove the dish from the oven. Beat 2 more eggs with $\frac{1}{2}$ cup water and pour it over the meat. Place a few lemon leaves over the top of the dish if you can get them. Return the dish to the oven and bake very slowly so that it does not dry out, about another $\frac{1}{2}$ hour. Serve with rice and chutney.

ROAST LAMB WITH MINT GLAZE

- 5 lbs. lamb roast
- 1 teaspoon rosemary
- 1 tablespoon salad oil
- $\frac{1}{2}$ teaspoon basil
- salt and pepper
- 1 clove garlic, crushed
- $\frac{1}{2}$ cup mint jelly

Rub the salt, pepper, garlic, rosemary and oil over the lamb. Leave it for several hours before roasting. Roast as usual. Do not use fat. If necessary use a little water. Half an hour before the roast is done, put $\frac{1}{2}$ cup mint jelly on top. In about 15 minutes baste again with the other $\frac{1}{2}$ cup jelly. The juices, unthickened, make the gravy.

KEBABS

- $1\frac{1}{2}$ lbs. lean lamb
- crushed garlic
- 2 sliced onions
- $\frac{3}{4}$ cup red wine
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Cut lamb into $1\frac{1}{2}$ in. cubes and remove strings and membranes. Put into dish and add onion and garlic. Pour in the wine and chill for 12 hours. Stick on skewers alternately with the sliced onion and if you like slices of green peppers and tomatoes and mushrooms. Grill for about 20 minutes turning frequently. Season.

GENUINE MALABAR CURRY

- 3 cups coconut milk (this is made by taking 9 tablespoons coconut and pouring 3 cups boiling water over it. Allow it to stand and then strain the liquid through muslin)
- 1 lb. mutton, cubed
- 4 onions
- 3 cloves garlic, crushed
- $\frac{1}{2}$ in. piece of green ginger
- 2 green chillies
- 4 potatoes
- 1 teaspoon coriander seed
- $\frac{1}{2}$ teaspoon turmeric powder
- $\frac{1}{2}$ teaspoon mustard seeds
- $\frac{1}{2}$ teaspoon cummin seeds
- 1 tablespoon oil
- 4 teaspoons vinegar
- 1 teaspoon rice or potato flour
- salt to taste

Chop the onions, the ginger and the chillies very finely. Peel the potatoes and cut them in halves. Grind to a paste the coriander, turmeric, mustard and cummin. Heat the oil and when it begins to smoke, fry the onions and the garlic, chillies and ginger. Add the paste, the meat, the potatoes and 2 cups of coconut milk. Add the vinegar a little at a time. When the meat is nearly cooked, add the rest of the coconut milk and the potato flour. The curry must cook very slowly.

From a Book of Indian Cooking published by the S.A. Institute of Race Relations

SOSATIES

- 3 lbs. lamb cut into cubes
- 2 large onions
- 1 clove garlic, crushed
- 2 cups stewed apricots, drained and sieved
- dash of cayenne
- 2 large tablespoons curry powder
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ cup vinegar

Brown the onions and add the garlic in 2 table-
spoons oil. Add the apricot pulp, the salt and
pepper and the remaining ingredients. Simmer
the mixture gently and add water if it becomes
too thick. Cool the marinade and pour it over
the cubed lamb. Let it stand overnight. Skewer
the lamb and grill. The sauce can be heated and
poured over the sosaties.

GREEN BEAN BREDIE

- 2 lbs. lamb or mutton
- 2 large onions
- 2 lbs. green beans
- 6 potatoes
- oil for frying
- pinch of thyme
- handful chopped parsley

Brown the onion, sliced, in the oil and add the
meat, the beans and the potatoes in layers. Pour
1 cup of water over the mixture and cover with
a tightly fitting lid. Leave in a medium oven for

about 2 hours.

Bredies can be made with spinach, tomato, cab-
bage, carrots, green peas and pumpkin. Use your
imagination. You can combine several vegetables
and flavour with herbs. I prefer to chill the bredie
after it is cooked so that I can easily remove the
surplus fat which collects on the top of the dish.
Reheat and serve with rice.

HOTCH POTCH

- 3 lbs. neck of lamb
- 2 quarts water or stock
- 2 large onions, chopped
- salt and black pepper
- celery salt
- 1 lb. peas
- $\frac{1}{2}$ lb. broad beans
- 6 baby carrots
- 6 small turnips
- 1 small cauliflower
- handful finely chopped parsley

Place neck of lamb in a saucepan with the water
or stock, the chopped onion and the seasonings.
Bring slowly to the boil, skimming all the time.
Add half the peas and the beans, carrots and
turnips. Bring to the boil again. Skim carefully.
Turn down the heat and cook very slowly, covered
for 3 hours. Wash cauliflower well and add with
the remaining peas and continue cooking until the
vegetables are tender. Just before serving, re-
move lamb. Cut into serving pieces and add with
parsley.

Veal**BREADED VEAL CUTLETS**

Flour, egg and crumb veal cutlets and saute until
brown on both sides. Cover with water or a
mixture of $\frac{1}{2}$ tomato juice and half water. Season
according to taste. Cover the pan and allow to
simmer gently until the cutlets are done. Make
gravy from the sauce left over in the pan.

VEAL CUTLETS WITH MUSHROOMS

- $\frac{1}{2}$ lb. mushrooms
- 1 cup water
- 1 cup flour
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- 6 thin cutlets
- $\frac{1}{4}$ cup fat or oil

Wash mushrooms. In a saucepan, heat 1 cup
water to boiling point. Add mushrooms and cover
with a lid. Simmer for about 8 minutes. Drain and
reserve liquid for the veal. Sift flour with salt and
pepper. Dip veal into the flour and coat well on
both sides. Melt fat in a heavy saucepan. Add
veal and brown evenly on both sides. Reduce heat
and add enough of the mushroom liquid to create
steam. Cover with a lid and cook over low heat
until the veal is tender. Add mushrooms and
continue cooking for a few minutes without the
lid.

SCALOPPINE A LA MARSALA

- 1 lb. schnitzels pounded as thin as possible
- 3 ozs. chicken fat
- $\frac{1}{4}$ cup flour
- 1 teaspoon salt
- 1 wineglass sherry or marsala

Mix flour and salt and dip veal slices in mixture.
Melt fat in pan and brown veal on one side for
about 3 minutes. Turn and brown other side for
3 minutes. Add marsala and cook for another 2
minutes. Serve very hot and cover with sauce
from pan.

LOW CALORIE VEAL STEAK

- 2 veal steaks weighing about 1 lb. each,
- $\frac{1}{2}$ in. thick
- $1\frac{1}{2}$ cups sliced fresh mushrooms
- aluminium foil

Season each steak well with salt and pepper. Cover
each generously with mushroom slices. Wrap each
steak separately in foil. Fold edges securely so
that juices do not escape during cooking. Preheat
griller for about 10 minutes. Place steaks under
griller for about 20 minutes. Open the tops of
the packets but leave side edges turned up to
hold the juices and grill for another few minutes
so that the mushrooms are nicely browned. Cut
steaks in half. Serve covered with natural gravy.

VEAL CUTLET WITH GIN GRAVY

- 1½ lbs. veal cutlets
salt and pepper
- ¼ cup fat or oil
- ¼ cup gin
- 1 tablespoon flour
- ½ cup water

Season meat well with salt and pepper. Heat fat in a heavy frying pan. Add meat and saute until the meat is nicely browned on both sides, continue cooking until tender. Remove meat from the pan and prepare gravy. Mix flour in 1 tablespoon water to a smooth paste. Stir into the fat. Gradually stir in the gin and remaining water and stir over medium heat until gravy is slightly thickened. Serve with sauce and garnish with watercress.

BLANQUETTE DE VEAU

- 3 lbs. veal covered in boiling water
- 12 small onions
- 2 carrots cut into pieces
salt, pepper and a bouquet garni
- 2 tablespoons flour
- 2 tablespoons fat
- 2 cups stock in which the veal has boiled
- 2 egg yolks
- 2 large tablespoons lemon juice and a few mushrooms

Cut the veal into cubes and pour boiling water over it. Add the onions and the carrots, salt and pepper and the bouquet garni. Simmer for about 1 hour. Melt the fat in another saucepan and stir in the flour. Add to it a little at a time the veal stock. Then add the veal, the onions—leave out the carrots—and cook a little while together.

In a cup beat the egg yolks with the lemon juice and pour a little of the liquid from the veal over this. Pour this mixture into the stew. Do not boil. Mushrooms previously cooked in a little water can be sliced and added. Garnish with chopped parsley.

BAKED VEAL WITH TOMATOES AND POTATOES

- 3 lbs. shoulder of veal
vinegar, salt and pepper
- 2 onions, finely chopped
- 3 tablespoons fat
- 6 large tomatoes, skinned and diced
- 1½ tablespoons chopped parsley
- 2 cups diced potatoes
- 1 cup stock
- 1 bayleaf and, if you have them, sprinkle a little dried thyme and marjoram over the meat.

Season meat with salt and pepper and rub with vinegar. Fry onion in hot fat until soft. Add tomatoes and simmer gently. Pour this mixture into greased casserole. Add parsley and bayleaf. Place meat on top of this mixture and cover tightly. Bake in 400 oven for 40 minutes and turn once during baking. Add diced potatoes and stock and bake for another 45 minutes, covered.

VEAL NICOISE — Served cold

- 2 lbs. boned veal and tied with a string to keep its shape
oil or fat for browning the veal
- 4 sliced carrots
- 4 sliced onions
bouquet garni (parsley, thyme, pepper-corns, bayleaf and a clove)
- 1 clove crushed garlic
- 3 small eggplants, peeled and cut into slices
- 4 skinned tomatoes, cut into quarters
chopped parsley
- ½ cup sherry
- 1 cup chicken stock

Brown the veal in the fat and add the carrots and onions. Add the bouquet garni and cook the veal in a very slow oven until it is tender. About 1½ hours. Baste and turn every now and again. Meanwhile, cook in oil the eggplant. When it is soft and lightly browned, add the tomatoes. Season and add a little chopped parsley. Remove the veal from the pan and cut it into thin slices. Place the meat on a platter and arrange the vegetables around it. Add to the pan in which the veal was cooked ½ cup sherry and the cup of stock. Cook this for a few minutes and pour it over the veal.

VEAL BIRDS WITH PEAS

- 2 lbs. very thin veal slices
- 4 chicken livers
- 8 firm, sliced, white mushrooms
- 4 tablespoons fat
- 8 thin slices pickled tongue
- 3 tablespoons sherry
- 1 teaspoon tomato paste
- 2 teaspoons Maizena
- 1½ cups stock
- 1 bayleaf
- 2 tablespoons flour
- 2 cups cooked and strained green peas

Cut the veal into very thin slices. Place between 2 pieces of waxed paper and beat with a mallet until thinner. Brown the chicken livers. Place the mushrooms in the pan with the fat and saute for 5 minutes. Chop fine and add the cut-up chicken livers, salt and pepper.

Place a slice of tongue on each slice of veal and put the chicken liver mixture on top. Roll each slice and fasten with cotton. Brown in hot fat. Add sherry and remove from pan. Put the tomato paste in the pan. Add the potato flour and stir until smooth. Add the stock slowly, stirring all the time. Add 1 tablespoon sherry. Add the veal birds and the bayleaf and cook over slow heat for about 20 minutes.

Melt 2 tablespoons fat in a pan and add 2 tablespoons flour and brown slowly. When a good golden brown colour add the pea puree. If it is too thick add a little chicken stock. Season well. Pour on the bottom of a serving dish. Remove string from veal birds and arrange on top of puree. Strain over the gravy and serve.

GHIVECI CU CARNE — National dish of Rumania

- 3 lbs. boned veal tied with string to keep its shape
- 1 lb. fresh skinned tomatoes
- 1 can tomato soup
- 1 clove garlic
- 1 lb. string beans
- 2 tablespoons flour
- 1 onion
- 2 cups cold water
- fat or oil and salt and pepper

Melt the fat in a baking pan. Season the veal with salt and pepper and place in pan. Place tomatoes over the veal. Add the garlic, crushed and $\frac{1}{2}$ can tomato soup with 1 cup water. Bake in 375 oven for 1 hour.

Slice the beans and boil for 10 minutes. Strain. Fry the beans with sliced onion in oil for about 10 minutes. Push the onion and beans to one side of the pan and in the cleared space add 2 tablespoons flour. Stir the flour until it is browned and add the other half can of tomato soup and the cold water. When it all boils remove from heat and add to the meat and tomatoes in the baking pan. Distribute around and allow to bake slowly in oven for another 20 minutes.

STUFFED SHOULDER OF VEAL

- 4-5 lbs. shoulder of veal
- salt, pepper and ginger
- 2 onions, chopped
- 3 tablespoons cooking fat
- 2 cups soft breadcrumbs
- 3 cups chopped apples
- $\frac{1}{2}$ lb. prunes, cooked and chopped

Ask the butcher to cut a pocket in the shoulder. Sprinkle cavity and outside of veal with seasonings. Saute onions in hot fat until transparent. Combine breadcrumbs, apples and prunes. Season with salt. Add onions. Mix well. Stuff shoulder. Sew opening. Roast in slow oven until done. Allow 30 minutes to the pound and baste frequently.

BREAST OF VEAL WITH SULTANAS

- 2 lbs. breast of veal, boned and cubed
- 3 tablespoons oil
- 2 tablespoons hot sherry
- $\frac{3}{4}$ cup sultanas
- $\frac{1}{2}$ lb. sliced mushrooms
- 1 teaspoon tomato paste
- 3 tablespoons flour
- $1\frac{1}{2}$ cups chicken stock
- 1 tablespoon red currant jelly
- salt, pepper and bayleaf

Brown meat in oil. Pour over hot sherry. Remove meat and add sultanas to the pan. Cook for 2 or 3 minutes and add mushrooms, tomato paste and flour. When blended pour on the stock. Stir over fire until mixture comes to the boil. Now add the red currant jelly, salt, pepper and bayleaf. Put the veal back and simmer gently until tender.

GESCHNETZELTES

- 2 large onions, chopped fine
- $\frac{1}{3}$ cup chopped parsley
- 4 tablespoons fat
- 1 tablespoon flour
- $\frac{1}{2}$ lb. lean veal and $\frac{1}{2}$ lb. lean steak both cut into very small pieces
- lemon, salt and pepper

Put fat into frying pan for which you should have a lid. When it is hot add the onions and parsley and sprinkle with salt and pepper and sift in the flour. Allow to stew very slowly until the onions are soft. Now add the meat. Fry over quick fire for about 3 minutes, stirring constantly to prevent burning.

Reduce the heat, stir the ingredients, cover the pan and allow to simmer very slowly until the meat is thoroughly cooked. Add the lemon juice and serve with noodles.

VEAL GOULASH WITH SPAETZLE

- 2 lbs. onions, sliced
- 3 tablespoons fat
- 2 lbs. lean veal, cut into cubes
- 4 tablespoons flour
- $2\frac{1}{2}$ teaspoons salt
- $\frac{1}{2}$ teaspoon black pepper
- 2 cups chicken stock
- 4 teaspoons paprika

In a heavy saucepan saute the onions in oil or fat until soft. Add the meat, stirring frequently. Sprinkle with the flour, salt and pepper. Gradually add the stock and the paprika, stirring to the boiling point. Cover and cook in a medium oven for about 1 hour.

SPAETZLE

- 2 cups sifted flour
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon nutmeg
- 2 eggs
- $\frac{3}{4}$ cup water or milk if not used with meat
- 4 tablespoons chicken fat or butter

Sift the flour, salt and nutmeg into a bowl. Stir in the egg and just enough liquid to make a heavy batter. Force through the large holes of a colander into rapidly boiling salted water and cook for 6 minutes, or until they rise to the surface. Drain. Toss with oil or melted butter.

HINTS

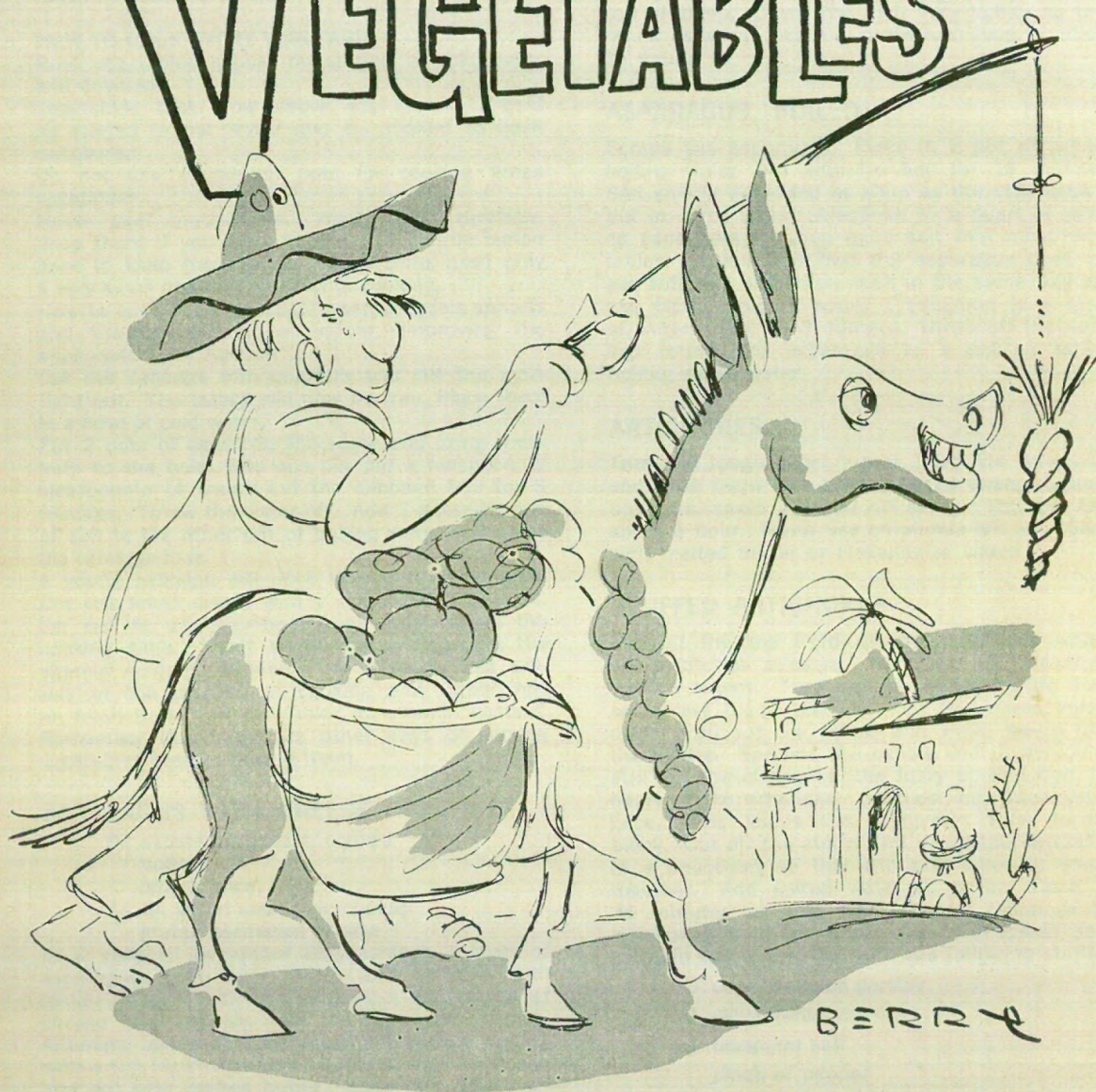
Soft bread cuts more easily with a heated knife.

Don't cook fish at too high a temperature or it will dry out.

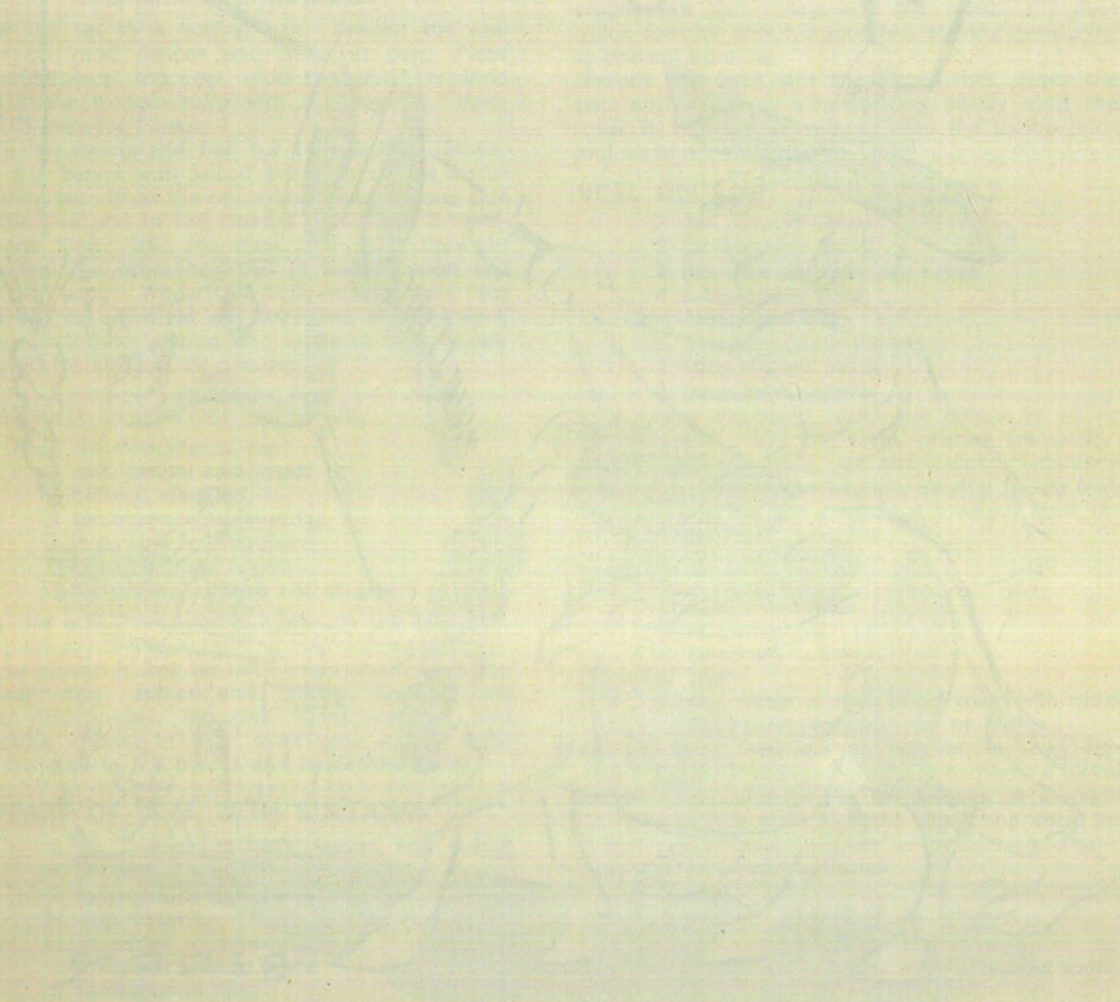
Poultry should be seasoned the day before cooking. Never use herbs and spices to the extent that they overpower the natural flavour of food.

Good cooks are nearly always overweight and that's because they taste. That's also why the same recipe never tastes the same when prepared by different people.

VEGETABLES



VEGETABLES



SOME TIPS ON THE COOKING OF VEGETABLES

SALTING OF VEGETABLES

If vegetables are cooked in water use 1 dessertspoonful of salt to a quart of water. Asparagus does not absorb salt easily so for these you require a little more salt.

HOW TO COOK EVERY VEGETABLE

Root vegetables should be started in cold water and covered.

Vegetables that grow above the ground should be started in hot water and be allowed to cook uncovered.

Do not use aluminium pots for cooking green vegetables.

Never peel mushrooms. Wash them carefully. Slice them if you want to and add a little lemon juice to keep them white. Mushrooms need only a very small quantity of water in cooking.

How to cook cabbage, cauliflower, brussels sprouts and broccoli without an odour, improving the appearance and flavour:

Cut the cabbage into quarters and cut the stalk right out. The leaves will now be free. Place them in a bowl of cold water.

Put 2 pots of water on the stove and bring them both to the boil. Into one pot put a teaspoon of bicarbonate of soda. Let the cabbage boil for 3 minutes. Throw the water off. Add 1 dessertspoon of salt to the other pot of boiling water and place the cabbage in it.

A young cabbage will cook in about 10 minutes. Cut into small pieces with a sharp knife. Remember not to use bicarbonate of soda for all the cooking time. Don't worry overmuch about the vitamin content. Vitamins are probably lost anyway in the process of cooking and rather rely on fresh fruits and vegetables for vitamin content. Remember that there are other ways of serving vegetables besides boiling them.

ASPARAGUS WITH CHEESE

- 18 asparagus spears, cooked
- butter
- lemon juice

- ½ lb. sliced sweetmilk cheese
- grated parmesan cheese

In a buttered ovenproof dish arrange a layer of asparagus. Dot with butter and sprinkle with lemon juice. Cover the asparagus with slices of cheese and sprinkle with the parmesan cheese. Alternate layers of asparagus and cheese ending with a top layer of cheese. Sprinkle with Parmesan and dot with melted butter. Bake in a 400 oven for about 10 minutes.

ASPARAGUS POLONAISE

Polonaise means a sprinkling of buttered bread-crumbs and sieved hard-boiled egg over the hot asparagus. Polonaise is delicious over cauliflower and green beans as well.

ASPARAGUS, WATERLESS METHOD

- 2 lbs. asparagus

- 1 tablespoon oil

Scrape the asparagus at the bottom end where the skin is thick. Pour the oil into an ovenproof dish. Cut off the thicker ends of the asparagus and place these in the oil. Arrange the tips on top of them. Cover the dish very tightly so that no air escapes. Leave in a medium oven for about 1½ hours.

ASPARAGUS, BOILED

Scrape the asparagus. Place in a pot of rapidly boiling water and allow to boil for 15 minutes. Salt should be added as soon as the asparagus is put in. One large tablespoon to a quart of water as asparagus requires more salt than most vegetables. If you find that the asparagus does not get soft this way, then cook in the same way and use bicarbonate of soda, 1 teaspoon to a quart of water. Cook for 3 minutes. Throw off the water and return the asparagus to a pot of rapidly boiling salted water.

ARTICHOKES

Trim the tough outer leaves from the artichokes and drop them into boiling salted water. Simmer until the leaves will pull off easily. This will take about ¾ hour. Never use an aluminium pot. Serve with melted butter or Hollandaise sauce.

STUFFED ARTICHOKES

Cut off the top third of the artichokes with a sharp kitchen scissors. Now pull off the tough outside leaves. Turn the artichokes upside down and press them down so that the leaves spread open. Pull out the yellow and white leaves from the centre. Sprinkle the centre with lemon juice. Pull out the choke, i.e. the fuzzy portion from the heart of the artichoke. Sprinkle with more lemon juice. This keeps the artichokes from turning black. Cut off the stems and stand the vegetables in a saucepan so that the artichokes fit snugly together. Add salted water to cover. Cook for 25 minutes or until partly tender. Remove the artichokes from the water and turn upside down to drain the water. Fill with the following stuffing:

- 3 cups chopped parsley
- 1 clove garlic, crushed
- 1 teaspoon salt
- pinch of pepper
- juice of 1 lemon
- 1 tablespoon oil

Combine the parsley, garlic, salt and pepper and pack into the centre of each artichoke. Arrange in a baking dish. Pour boiling water to the depth of 1 in. Sprinkle the lemon juice and oil over all and bake for ¾ hour.

GREEN BEANS

Top and tail the beans and string them. Cook them for 15 - 20 minutes in boiling salted water.

FRENCH BEANS WITH ONION

Boil the beans and drain them. Chop an onion finely. Soften the onion in a little butter. Season with salt and pepper and add the beans.

FRENCH BEANS WITH BABY MARROWS

- 1 lb. young beans
- 2 lbs. baby marrows
- 2 onions
- 1 clove of garlic
- parsley, nutmeg, butter and lemon juice

String the beans and skin the baby marrows only if they are not very young. Cut them into thin rounds and arrange in the bottom of a saucepan together with sliced onions and a little crushed garlic. On top put the uncooked beans. Simmer over very gentle heat for 1½ hours. Just before serving add chopped parsley, salt, pepper, a pinch of grated nutmeg and a little butter.

FRENCH BEANS WITH MUSHROOMS

Cut up 2 lb. green beans. Cook for 20 minutes. Drain well and add 1 lb. mushrooms which have been sliced and sautéed in 2 tablespoons butter. Blend together. Add salt and pepper to taste.

FRENCH BEANS A LA NICOISE

- ½ cup oil
- 1 onion, sliced
- 1 cup peeled tomatoes
- ½ green pepper, chopped
- ½ cup chopped celery
- ¼ cup water
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 cloves
- 1 bayleaf
- 6 sprigs parsley
- 1 lb. green beans, cooked

Heat the oil in a frying pan. Add the onion and cook until soft. Add the tomatoes, green pepper, celery, water, salt and pepper. Tie the cloves, bayleaf and parsley in a muslin bag. Simmer uncovered for about 25 minutes. Add the beans and heat. Remove the bag and serve.

FRENCH BEANS SUPREME

Cook 1 lb. green beans. Melt 2 tablespoons butter in a saucepan. Cook until transparent 2 tablespoons minced onion in the butter. Add 1 tablespoon flour, ½ teaspoon salt, ½ teaspoon paprika, ½ teaspoon dry mustard and ½ teaspoon worcester sauce. Stir all the time and remove from heat. Add 1 cup cream. Return to heat and cook for another 2 minutes. Add beans and place mixture in an ovenproof casserole. Sprinkle with dry breadcrumbs and grated cheese. Place under griller until cheese is lightly browned.

JERUSALEM ARTICHOKE

Boil the scrubbed artichokes in boiling salted water for about 25 minutes. Peel them. Serve with melted butter and parsley. Use as a substitute for potatoes. Pureed and added to a thin white sauce they make a delicious soup.

HARVARD BEETROOT

Blend 2 tablespoons melted butter with 2 tablespoons flour.

Add ¼ cup boiling water. Cook until thickened. Stir constantly. Add ¼ cup sugar and ½ cup vinegar. Season with salt and pepper. Add 2½ cups diced beetroot.

ORANGE BEETROOT

Cook, peel and slice 12 small beetroot. Blend 2 tablespoons butter with 2 tablespoons Maizena. Add ¼ cup lemon juice and 2 cups orange juice. Stir all the time. Add ¼ cup sugar, salt and pepper.

GINGERED BEETS

- ⅓ cup sugar
- ¾ teaspoon ginger
- 2 teaspoons Maizena
- ¼ cup vinegar
- 2½ cups baby beetroots, cooked
- 2 tablespoons butter
- 1 tablespoon chopped parsley

Blend the sugar, ginger and Maizena and gradually add the vinegar, stirring constantly. Cook over medium heat until thickened. Add the beets and butter and cook for another 10 minutes. Serve with chopped parsley.

KIDNEY BEANS

- 1 lb. kidney beans
- 1 large onion, chopped
- 2 cloves garlic, minced
- 3 stalks celery, diced
- 1 minced carrot
- 1 bouquet garni (bayleaf, thyme, parsley and peppercorns tied in muslin bag)
- salt and black pepper
- 3 tablespoons oil
- 6 tablespoons rum

Soak the beans overnight in water to cover. Drain the next day and cover with 6 cups of water. Add vegetables and seasonings and simmer slowly until the beans are almost tender. Discard the bouquet garni.

Place the beans and their juice in a deep casserole. Add the oil and 3 tablespoons rum. Cover and bake until the beans are tender, about 2 hours, in medium oven. Add the remaining rum.

BRITTANY HARICOT BEANS

- ½ lb. dried haricot beans
- 2 large onions
- a bunch of mixed herbs
- 2 tablespoons butter or oil
- parsley

Soak the beans overnight in cold water. Put them in a saucepan with the onions, peeled, but left whole, adding salt, pepper, a bunch of mixed herbs and a very little cold water—not more than double the amount of the beans.

Simmer until tender and drain. Take out the bunch of herbs. Take 4 tablespoons beans and crush them together with the boiled onions. Thin this mixture with a little of the water used for boiling the beans. Sprinkle with parsley and stir in the butter or oil.

BAKED BEANS

- 1½ cups kidney beans

Soak overnight and cook the next day for about 40 minutes. Preheat oven to 250. Drain the beans and reserve the water in which they have been cooked.

Add to the beans:

- ¼ cup chopped onion
- 2 tablespoons molasses or golden syrup
- 3 tablespoons tomato ketchup
- 1 tablespoon dry mustard
- 1 teaspoon salt
- ½ cup boiling bean water
- 1 tablespoon vinegar
- 1 tablespoon worcester sauce

Place them in a deep casserole. Cover with sliced, salt brisket. Leave them for about 6 hours in the oven. Should they become too dry, add more of the bean stock every now and again. Uncover the beans for the last hour of cooking.

FALAFEL (Cooked Chickpeas)

- ½ lb. chickpeas which have been soaked overnight

Cook the next day in salt water until just tender. Drain and mince them together with 1 thin slice of white bread, soaked and squeezed out. Add 3 cloves crushed garlic and a good tablespoon chopped parsley. Add a pinch of cayenne pepper, salt and a pinch of turmeric. Add 1 egg (optional). Form into little balls and fry in hot fat. Serve with Tehina:

- 2 tablespoon tehina (sesame seed oil)
- juice of 1 lemon
- ¼ cup cold water
- salt, pepper and paprika

Put tehina in a bowl, add lemon juice, water and spices gradually. Mix well. Pour over vegetables and serve immediately. Sprinkle with paprika and chopped parsley or dill. This is a delicious dressing for any green vegetable as well.

MEXICAN KIDNEY BEANS

- 1 lb. red kidney beans
- 1 lb. tomatoes, skinned and put through strainer
- 1 cup onion, chopped
- ½ cup chopped green pepper
- 1 clove garlic, crushed
- 1 tablespoon grated bitter chocolate
- 2½ teaspoons salt
- 2 teaspoons chilli powder
- ½ teaspoon rosemary
- 6 drops tabasco sauce

Soak the beans overnight. Cook the next day in the same water and add a little more if necessary. Add the other ingredients and simmer, covered, for about 2½ hours.

BRUSSELS SPROUTS

- 1½ lbs. brussels sprouts
- 3 tablespoons butter
- water or vegetable stock
- salt, pepper
- 2 teaspoons caraway seeds

Wash the sprouts and cut a small cross in the bottom of each. Pour water or stock to the depth of one inch in a saucepan. Bring the water to a boil. Cook the sprouts for about 10 minutes, less time if tender, more if old. Drain and add remaining ingredients.

PUREE OF BRUSSELS SPROUTS

- 1½ lbs. brussels sprouts
- 1½ ozs. butter
- seasoning
- nutmeg
- 1½ ozs. fresh breadcrumbs, soaked in ⅓ glass hot milk and pushed through a strainer
- 1 egg yolk
- ¾ cup mornay sauce (white sauce to which cheese has been added)

Boil the sprouts and drain. Pass through a wire sieve or liquidise them. Put the puree into a pan and add the butter. Mix, adding salt, pepper and grated nutmeg. Stir well on a very slow fire in order to melt the butter. Add the soaked breadcrumbs and the egg yolk. Turn into a buttered mould and cook in a medium oven for about 40 minutes. Place the mould in a dish of hot water in the oven. Turn out and pour over the mornay sauce.

HOW TO STUFF CABBAGE

Pull off the hard outside leaves of the cabbage and cut out the bottom core of the head with a sharp knife. Cook the vegetable in boiling salted water for about 5 minutes. The leaves should separate easily. Turn the cabbage upside down and drain well. Separate the leaves and dry them well.

Place a square of butter muslin on a flat surface. In the centre of it place a large leaf and place a smaller leaf inside the first. Fill the smaller leaf with one tablespoon of the filling. Bring the corners of the muslin together and twist the ends closed. This will shape the stuffed leaves into a compact round. Take off the muslin and place the cabbage into a casserole. Use the cloth over and over again.

VEGETABLE STUFFING FOR CABBAGE

- 1 large cabbage
- $\frac{1}{2}$ cup oil
- $2\frac{1}{2}$ cups chopped onion
- $\frac{1}{2}$ cup raw rice
- $\frac{1}{2}$ cup chopped parsley
- $\frac{1}{4}$ cup sultanas
- $\frac{1}{4}$ cup nuts
- $\frac{1}{4}$ cup tomato paste
- $\frac{1}{2}$ cup water
- pinch cinnamon and allspice
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- 2 cups stock made from a chicken cube

Heat the oil in a frying pan and cook the onion until it is golden brown in colour. Add the rice and cook, covered, for about 30 minutes. Stir occasionally. Add the remaining ingredients except the cabbage and stock and cook for a few minutes longer. Strain the liquid into a heavy iron pot. Stuff the cabbage leaves with the rice and onion mixture. Arrange the stuffed cabbage in the pot and weigh down with a plate. Add the chicken stock and simmer for about half an hour.

RED CABBAGE

- 1 red cabbage
- 4 tablespoons sugar
- 1 teaspoon salt
- $\frac{1}{2}$ cup vinegar
- 6 tablespoons chicken fat or oil
- 3 sour apples
- red wine
- juice of $\frac{1}{2}$ lemon

Slice the cabbage finely. Place in a pot without any water. Add the sugar, salt and vinegar. Allow to stand for about 30 minutes. Melt the fat. Stir in the cabbage. Peel the apples and cut into eighths and place on top of cabbage. Cover and allow to simmer slowly. When the cabbage starts to shrink add a little warm water and cook for 30 minutes. Add 1 cup red wine and more salt and pepper plus the juice of half a lemon.

FRENCH FRIED CABBAGE

Crisp in cold water some finely shredded cabbage. Drain it and dry it well. Dip it into milk and then into flour. Fry a small amount at a time in deep, hot oil. Drain on absorbent paper and season with salt and pepper.

CABBAGE, TOMATO AND CHEESE DISH

Cook for about 5 minutes 3 cups finely shredded cabbage. Drain it.

Peel and chop up $1\frac{1}{2}$ cups tomatoes and season with salt, pepper and a little sugar. Place alternate layers of cabbage and tomatoes in a small greased ovenproof dish. Sprinkle the layers with crushed cornflakes. Bake for 30 minutes in a medium oven.

CAULIFLOWER

Trim the cauliflower by removing outer leaves and part of the core. Place in a pot of boiling salted water to which a little lemon juice has been added to keep the cauliflower white. Simmer for about 25 minutes, possibly less time or more, but do not overcook. If you break the cauliflower into flowerlets it will take less time to cook.

CAULIFLOWER POLONAISE

Place the cooked cauliflower on a serving dish and cover with $\frac{1}{2}$ cup breadcrumbs that have been browned in butter. Sprinkle with chopped parsley and hard-boiled egg. Chopped dill can replace the parsley.

CAULIFLOWER MOULD

- $\frac{3}{4}$ lb. cooked cauliflower
- $1\frac{1}{2}$ cups thick white sauce
- 4 eggs
- 3 ozs. grated cheese
- salt, pepper and grated nutmeg

Put the cauliflower through a sieve or into the liquidiser. Mix it with the sauce and add the beaten eggs and grated cheese. Season. Pour into a well-greased mould and cook in a medium oven for about 40 minutes. Place the casserole in a pan of water while cooking. Unmould and serve with a tomato sauce.

CARROTS WITH ORANGE

- 12 small carrots, cut into thin strips
- 2 tablespoons butter
- grated rind of 1 orange
- 6 halved orange slices, peel left on

Barely cover the carrot strips with boiling water. Add a pinch of salt and butter. Simmer, covered, until tender. This should take about 10 minutes. Five minutes before serving add the rind of an orange and 6 halved orange slices with the peel left on.

CARROT RING

- 1/4 lb. butter
- 1/4 cup brown sugar
- 1 small egg
- 1/2 tablespoon water
- 1 cup grated raw carrot
- 3/4 cup flour
- 1/4 teaspoon bicarbonate of soda
- 1/4 teaspoon baking powder
- salt, pepper and pinch of cinnamon

Cream the butter and sugar. Add the beaten egg, the water and the carrots. Sift the flour with the bicarbonate of soda and the baking powder, salt and cinnamon. Add to the carrot mixture a little at a time.

Put into a buttered, small mould and leave in refrigerator overnight. Remove from refrigerator one hour before baking. Bake in 375 oven for about 40 minutes. Unmould and fill the centre with green peas.

CARROTS IN COCONUT

- 12 small carrots
- 2 tablespoons butter
- 1/4 cup brown sugar
- 1 tablespoon Maizena
- 1/4 teaspoon salt
- 1 cup water
- 1/4 cup Golden-Flo orange concentrate frozen
- 1/2 cup coconut

Cook the carrots in salted boiling water. Melt the butter in a saucepan and add the sugar, Maizena and salt. Stir in the water gradually together with the orange concentrate and 1/4 cup shredded coconut. Bring to the boil over medium heat and stir until smooth and thick. Add the carrots and bring to the boil once more. Serve garnished with the remaining 1/4 cup coconut.

CARROTS VICHY

- 2 cups sliced raw carrots
- 1/2 cup boiling water
- 2 tablespoons butter
- 1 tablespoon sugar
- 1/4 teaspoon salt
- juice of half a lemon

Cover the saucepan tightly and cook the carrots until the water is evaporated. Permit them to brown in the butter and add the sugar. Leave on heat until the sugar is melted. Serve sprinkled with chopped parsley.

CREAMED CELERY

- 2 cups celery stalks, sliced crosswise
- salt and pepper to taste
- 2 tablespoons butter
- 1 tablespoon chopped onion
- 1 dessertspoon flour
- 1/2 cup stock
- 1/2 cup cream

Place the celery, seasoning and butter in a saucepan. Cover tightly and cook slowly shaking the pot often until the celery is almost tender. This will take about 15 minutes. Add the chopped onion and continue cooking until tender. Blend in the flour and add the stock and cream. Bring to the boil and stir until thickened. Garnish with chives or toasted almonds. You can also add grated cheese to this dish. You must use table celery as the soup celery is too stringy and will take too long to get soft.

EGGPLANT OR AUBERGINE OR BRINJAL**EGGPLANT CASSEROLE**

- 2 medium eggplants
- 2 1/2 teaspoons salt
- 1/4 teaspoons black pepper
- 5 tablespoons flour
- 1/4 cup oil
- 3 tablespoons butter
- 1 cup chopped onion
- 3/4 cup milk
- 4 tablespoons grated cheese
- 1/4 cup cream
- 1 teaspoon dry mustard
- 1 cup sliced mushrooms

Cut the unpeeled eggplants in half lengthwise. Cut gashes into the pulp and sprinkle each half with 1/2 teaspoon salt. Leave for half an hour. Squeeze out the water and wipe dry. Mix the pepper and flour and dredge each half eggplant in flour mixture. Reserve remaining flour.

In a large frying pan heat the oil and add the eggplant halves, cut side down and cook slowly, covered, for about 10 minutes. Turn and cook for another 10 minutes. In a saucepan heat the butter and add the onion. Cook until the onion is soft and golden in colour. Stir in the remaining flour. Add the milk and stir until thickened. Add half the cheese to the sauce. Blend in 3 tablespoons cream and the mustard. Saute the mushrooms in the remaining butter and add. Scoop out the eggplant pulp leaving a shell of 1/2-in. thick. Chop the pulp coarsely and add to the sauce. Mix well and spoon into the shells. Sprinkle the tops with the remaining cheese and place under the grill. Before serving, pour the remaining cream over the top.

IMAM BAYELDI (which means the dish was so wonderful that the priest swooned)

- 4 small eggplants
- 1 lb. onions, sliced
- $\frac{1}{2}$ lb. green peppers
- $\frac{1}{2}$ cup chopped parsley
- 1 cup oil
- 1 lb. peeled tomatoes

Cut the eggplant into halves. Salt them and let them stand in the sun until dark liquid oozes out. Meanwhile, prepare the stuffing. Slice the onions and the peppers and soften in oil. Add the tomatoes, parsley, salt and pepper and cook for a few minutes. Wash the eggplant, make slits in the centre of each half and stuff with the cooked vegetable combination. Add 2 cups water and bake in a medium oven for 1 hour. This dish may be served hot or cold.

EGGPLANT WITH NUTS

- 20 slices of unpeeled eggplant
- 2 cups breadcrumbs soaked in water
- 1 cup oil flavoured with garlic
- 1 cup ground walnuts or almonds
- juice of 1 lemon
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper

Salt eggplant and allow to stand for 30 minutes. Wash well in cold water. Dip in batter made of $\frac{1}{2}$ cup milk, 2 tablespoons flour and 1 beaten egg. Fry until golden brown. Spread each slice with the following mixture. Soak bread and squeeze out the water. Mix bread with the garlic oil, lemon juice, salt and pepper. Beat this mixture until very smooth and the consistency of paste. Mix in chopped nuts. Spread on slices of egg plant and serve cold.

EGGPLANT CASSEROLE PROVENCALE

- $\frac{1}{3}$ cup oil
- $\frac{3}{4}$ cup sliced onions
- 2 cloves garlic, crushed
- 4 green peppers, sliced
- 3 cups baby marrows in $\frac{1}{2}$ -in. slices
- 2 cups peeled and quartered tomatoes
- salt and pepper
- dried basil
- 3 large eggplants sliced but unpeeled

Heat the oil in a heavy pot. Add the onions and cook until soft. Now add the other vegetables and garlic, but not the tomatoes. Cover the pot and cook slowly for about 45 minutes. Now add the tomatoes and seasonings. Cook for another half hour. This is a dish which takes kindly to reheating and does not mind if you use additional vegetables or subtract those which you do not like. It is a wonderful accompaniment to a roast.

BELGIAN ENDIVE

(or what is commonly called WITLOF)

This is a winter vegetable for sophisticated tastes.

- 6 heads endive, halved, lengthwise
- $\frac{1}{4}$ cup butter
- $\frac{1}{4}$ teaspoon dried basil
- white pepper
- 1 cup vegetable stock
- 2 tablespoons chopped walnuts
- 1 tablespoon butter

Wash the endive in iced water and dry with paper towelling. Heat the butter in a heavy frying pan. When the butter has melted, add the dry basil. Arrange the endive halves in the pan and season with pepper. Brown for a few minutes on each side. Add the stock and simmer uncovered for about 20 - 25 minutes. Add more stock if necessary. Brown the walnuts in the one tablespoon butter and sprinkle over the endives which must be placed on a serving platter.

LEEKs

Trim all the coarse green part of the leaves, the outside covering of the white part and the root. Cut all the leeks to approximately the same length. Make a cross-cut on the top of each and hold under running cold water so that all the grit is washed out.

LEEK SAUTE

- $\frac{1}{2}$ cup oil
- 1 cup onions
- 2 lbs. leeks
- $\frac{1}{2}$ cup finely sliced carrots
- $\frac{1}{2}$ cup tomatoes
- salt and pepper

Cut leeks into 2-in. lengths, using only the white portions. Sauté the sliced onions until soft in the oil. Add the carrots, tomatoes, leeks, salt and pepper and cover with water. Cover pan tightly and stew for about 1½ hours.

LEEKs STEWED IN OIL WITH TOMATOES

- 2 lbs. leeks
- 2 tomatoes
- 2 cloves garlic, crushed
- parsley, oil, lemon juice, salt and pepper

Warm about 4 tablespoons oil in a frying pan. Put in the cleaned leeks, laying them side by side. When the oil starts to bubble turn the leeks over. Sprinkle with salt and pepper. Turn down the heat and cover the pan. Allow to cook for about 8 minutes. Take out the leeks and place them on a long dish. Into the oil in the pan throw in the skinned tomatoes, chopped, and the garlic and a little chopped parsley. Cook fairly fast for about 2 minutes. Pour this mixture over the leeks. Squeeze a little lemon juice over the leeks and serve either hot or cold.

LEEKES WITH RED WINE

Place 2 lbs. leeks, sliced and cleaned, side by side in a pan in which you have heated 4 tablespoons oil. Turn them over when they are beginning to brown and cook the other side. Season with a little salt and pepper. Pour over them $\frac{1}{2}$ cup red wine and 2 tablespoons clear soup stock. Cover the pan and cook for about 10 minutes. Place the leeks on a plate and cook the sauce a little longer. Pour over the leeks. Can be served hot or cold.

MUSHROOMS

Never peel mushrooms. Wash them well under running water and dry them thoroughly. Sprinkle with lemon juice. Boil them in a very small quantity of water and season with salt and pepper. Steam them by placing 1 lb. mushrooms in the top of a double boiler. Dot them with about 2 tablespoons butter. Add $\frac{1}{4}$ teaspoon salt and a pinch of pepper. You may add $\frac{1}{2}$ cup milk. Cover the pot tightly and steam for about 20 minutes. If you boil mushrooms in water it will take about 3 minutes for them to cook. The longer you leave mushrooms over heat, the less you will have in the end as they shrivel up very quickly. Do not mix mushrooms with highly flavoured or spiced foods. The taste of the mushrooms will be completely lost. Remember that mushrooms and onions have a natural affinity and the Russian way of cooking mushrooms, although not very dainty, is, to my mind, the best way of all.

RUSSIAN MUSHROOMS

2 lbs. mushrooms, sliced and boiled in a very small quantity of water. 2 onions, sliced and boiled in as small a quantity of water as possible. Mix the onions and mushrooms together, add a walnut-sized piece of butter and 1 cup of thick sour cream. Correct the seasoning and eat out of soup bowls with toast.

MUSHROOMS FOR FILLING PATTIES

- 1 lb. mushrooms, washed and sliced thin
- 1 onion, finely chopped
- 1 teaspoon parsley
- $\frac{1}{4}$ lb. butter
- $\frac{1}{2}$ cup flour
- 1 cup liquid from vegetables or stock
- $\frac{1}{2}$ cup sour cream
- 1 tablespoon lemon juice

Melt half the butter and saute the onions and the parsley. Add the mushrooms and allow to cook for about 5 minutes. Sprinkle the lemon juice over the mushrooms. In another pan melt the remaining butter. Blend the flour. Season with salt, pepper and a pinch of nutmeg. Add the stock very gradually. Blend in the cream. Pour the cream mixture into the pan with the mushrooms, stirring constantly.

MUSHROOMS WITH SOUR CREAM

- 1 lb. mushrooms
- 2 tablespoons butter
- 1 cup sour cream
- $\frac{1}{2}$ cup grated parmesan cheese
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

Leave the mushroom caps whole, but chop the stems. Saute in the butter for about 2 minutes. Add the sherry and cook 1 minute. Blend in the cream, cheese, salt and pepper. Cook over low heat for another few minutes. Serve on buttered toast.

ONIONS AU GRATIN

- 8 cups chopped onions
- $\frac{1}{2}$ cup water
- 3 cups grated cheese
- 1 cup flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 4 tablespoons melted butter

Cook the onions in the water until tender. Drain well. Add the grated cheeses, flour, baking powder, salt, pepper and butter. Turn into a 2-quart casserole. Bake in 375 oven for about half an hour or until browned and set.

CARAMELIZED ONIONS

Peel and boil 8 medium-sized onions until almost tender. Drain well. Melt 2 ozs. butter in a pan. Add the onions and sprinkle with a little salt and 1 teaspoon sugar. Place on low heat and cook, turning them over and over until a pale golden brown.

ONIONS WITH CREAM AND SHERRY

- 12 onions, sliced
- $\frac{3}{4}$ cup cream
- 3 tablespoons sherry
- salt and black pepper
- 4 tablespoons butter

Boil the onions until nearly tender. Drain and place in a greased ovenproof dish. Mix the cream, sherry, salt and pepper and pour over the onions. Dot with butter and bake in 375 oven for about 25 minutes.

FRENCH FRIED ONIONS

Allow one large onion per serving. Cut the onions into $\frac{1}{4}$ in. slices and cover with milk. Allow to stand for 30 minutes. Drain the onions on absorbent paper. Dredge the onions with flour and brown in deep oil a few at a time. Drain on paper and sprinkle with salt.

ONIONS AND APPLE CASSEROLE

Cut 3 large onions into $\frac{1}{4}$ in. slices and boil in 1 cup water for about 15 minutes. Drain the onions and keep the liquid. Peel, core and slice 5 large cooking apples. Arrange the apples and onions in alternate layers in a fireproof dish. Sprinkle the apple layers with cinnamon and sugar and dot them with butter. Add $\frac{1}{2}$ cup reserved onion liquid and bake the onions and apples in 400 oven for 40 minutes. It is gets too dry add a little more liquid from the onions.

ONIONS BAKED IN THEIR SKINS

Wash medium onions and bake in 400 oven until tender. This should take about $1\frac{1}{2}$ hours. Cut a slice from the root end of each onion and squeeze out the centre of the onion. Throw away the skins. Season the onions with salt, pepper and butter and serve.

TO STUFF ONIONS

Peel the onions without cutting off the root ends. Cut a thick slice from the top of each onion. Boil the onions and the top slices in a large quantity of salted water until tender. Drain and cool. Scoop out the centres to form cups leaving about $\frac{1}{2}$ in. wall. Save the centres and invert the cups to drain. When filling the onions mix the scooped-out part and the top of the onion with whatever mixture you are filling the onions.

ONIONS WITH RED WINE

Cut 6 large onions into $\frac{1}{4}$ in. slices and separate them into rings. Heat 3 tablespoons oil in a pan. Add the onions and cook them, stirring, until they are well coated. Add 2 whole cloves and salt and pepper to taste and saute the onions until they are golden. Put the onions in a fireproof dish. Add 1 cup red wine. Cover the dish and simmer the onions for about 15 minutes or until they are tender. Discard the cloves. Remove the cover and cook until the wine is reduced to almost a glaze. Serve with grilled steak.

GREEN PEAS

- 2 cups shelled peas
- 6 small white onions, peeled
- 6 lettuce leaves
- 1 sprig mint
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sugar
- $1\frac{1}{2}$ ozs. butter
- $\frac{1}{4}$ cup water

Place all the ingredients in a pot with a heavy lid. Cover tightly and cook over medium heat for about 30 minutes. All the moisture must have evaporated.

PEAS AND BABY MARROW WITH SOUR CREAM

- $1\frac{1}{2}$ lbs. fresh peas, shelled
- 1 baby marrow, peeled and diced
- $\frac{1}{2}$ cup sour cream
- 2 tablespoons chopped fresh dill

Cook the peas until almost tender. Cook the baby marrow in a very small quantity of boiling water for about 2 minutes. Just before serving combine the two vegetables and add the cream and dill. Heat over a double boiler.

GREEN PEPPERS STUFFED WITH MEALIES

Cut large green peppers in half lengthwise and remove the seeds. Boil in salted water for about 15 minutes. Drain them and cool them. Soften 1 chopped onion in 2 tablespoons butter. Add 1 tin sweetcorn, $\frac{1}{4}$ cup cream and stir. Season with salt and pepper. Stuff the peppers with this mixture and sprinkle with cheese. Place in a pan and add water barely to cover the bottom. Bake for about a quarter of an hour.

BAKED POTATOES

Wash and dry potatoes. Grease lightly with oil. Place in 450 oven and bake about 40 minutes to 1 hour, depending on the size of the potatoes. Remove from oven, split open and top with a lump of butter. Season with salt and pepper.

BOILED NEW POTATOES

Wash about 15 new potatoes. Drop them in boiling water to cover. Cook them until tender, about 25 minutes. Remove the skins and serve them with chopped mint, chives or dill. You can also melt about 4 tablespoons butter in a pan and add the potatoes. Shake them over low heat until they are well coated and then sprinkle with herbs.

DUCHESS POTATOES

- 6 medium potatoes
- boiling salted water
- 4 tablespoons butter
- salt, pepper, nutmeg
- 1 egg
- 1 egg yolk
- $\frac{1}{4}$ cup hot milk

Boil the potatoes in the salted water. Drain and mash. Add all the other ingredients. These potatoes can be put through a pastry tube and used as a garnish for a fish dish. They can also be shaped as croquettes, egged and crumbed and fried in fat.

ORANGE POTATOES

- 2 lb. potatoes
- grated rind of 1 large orange
- 2 large eggs
- salt and black pepper
- 2 tablespoons butter
- 2 tablespoons hot milk

Peel the potatoes and cut in half. Place in a pan and cover with cold water. Season well and bring to a boil. Simmer until soft and return to the pot to dry well over the fire. Put the potatoes through a potato ricer. Add the orange rind. Beat in 1 whole egg, salt and pepper, butter and hot milk. Press through a pastry tube on to a greased cooky sheet into the shape of rosettes. Bake in a hot oven until brown. If you want to shape the potatoes into croquettes, then use the other egg for dipping before crumbing and frying in oil.

POTATO LATKES (PANCAKES)

- 4 potatoes, peeled, grated and drained (they can be liquidised and drained)
- 1 onion, grated
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 egg, beaten
- 3 tablespoons breadcrumbs or matzo meal
- ½ teaspoon baking powder
- ½ cup oil

Mix the potatoes, onion, salt, pepper, egg, breadcrumbs and baking powder until smooth. Heat the oil in a pan. Drop the potato mixture into it by tablespoonfuls. Fry until browned on both sides. Drain on absorbent paper. Serve as an accompaniment to meat or on their own with sugar and cinnamon. Try serving with applesauce as a change.

NOISETTE POTATOES

- 2 lbs. old potatoes or 1 lb. very small new potatoes
- 3 ozs. oil or butter
- salt and pepper

Peel the potatoes and hollow them out with a small round potato cutter. If they are new potatoes, then just scrape them. Cover with cold water in a pan and bring to a boil. Drain and dry them very well on a cloth. Heat the butter or oil, add salt, pepper and potatoes. Cover with the lid. Shake over a slow fire until brown all over.

HASHED BROWN POTATOES

- 3 cups finely diced raw potatoes
- 1 dessertspoon grated onion
- 1 tablespoon chopped parsley
- salt, pepper

Heat 3 tablespoons oil in a pan. Spread all the above ingredients over this. Press it flat with a broad knife. Saute the potatoes over low heat and shake from time to time. When the bottom is brown, cut the potato layer in half and turn each half slowly with 2 spatulas. Pour over it ½ cup cream. Brown the second side and serve very hot.

HUNGARIAN POTATOES

- 4 or 5 potatoes, sliced
- 1 tablespoon chicken fat
- 1 tablespoon paprika
- 2 tablespoons tomato paste
- 1 tablespoon flour
- 2 cups water
- 1 crushed clove garlic

Slice potatoes finely and add to the following sauce:

Melt fat and stir in paprika. Cook for a few minutes. Add tomato paste and flour. Blend well and pour on water and crushed clove of garlic. Stir over the fire until the sauce boils. Put in the potatoes. Simmer gently until the potatoes are tender.

POTATOES ANNA

- 2 lbs. potatoes, sliced very thin
- salt and pepper
- 6 ozs. butter

Butter a fireproof dish. Line the dish with potatoes. Sprinkle with salt and pepper and pour melted butter over them. Repeat this process until all the potatoes and the butter are used up. Bake in a hot oven for about 50 minutes. This is a wonderful dish with Sole Meuniere.

GERMAN FRIED POTATOES

Melt in a heavy pan about 2 tablespoons fat. Add 2 cups cold, diced boiled potatoes. Season with salt and pepper. Sprinkle with 1 finely chopped onion. Saute the potatoes and onion until they are brown.

POTATO PUFFS

Mix ½ cup flour, 1 teaspoon baking powder, ¼ teaspoon salt and 1 cup mashed potatoes. Add 1 beaten egg and, if you like, a little chopped parsley. Drop by spoonfuls into hot fat. Drain on absorbent paper.

POTATOES BROWNED WITH ROAST

Peel as many potatoes as you think you will need. Parboil them (this means partially cook them. They must still be firm). In the last half hour of roasting add the potatoes to the roasting pan. Do not use salt. There is usually sufficient with the meat.

POTATO PLAKI

- ½ cup oil
- 1 cup sliced onion
- 1 clove garlic, crushed
- 1 cup tomatoes
- ½ cup chopped parsley
- 2 lbs. potatoes, cut into ½ in. squares
- salt and pepper
- 3 cups water

Brown onions and garlic in oil. Add other ingredients, cover pot tightly and place in medium oven for 1 hour, or until potatoes are tender but not mushy.

POTATO KUGEL

- 6 potatoes
- 1 onion, grated
- 2 egg yolks, beaten
- 4 tablespoons breadcrumbs or matzo meal
- 1 teaspoon baking powder
- 1½ teaspoons salt
- ¼ teaspoon black pepper
- 4 tablespoons melted chicken fat or oil
- 2 egg whites, stiffly beaten

Peel and grate the potatoes into salted water. Preheat oven to 400. Drain the potatoes well. Mix in a bowl with the onion, egg yolks, matzo meal, baking powder, salt, pepper and 2 tablespoons oil. Fold in the beaten egg whites. Pour the mixture into a greased 1½ quart baking dish. Pour the remaining oil over the top. Bake for 1 hour. Serve with meat dishes but only on the coldest of cold days.

SPINACH

Wash spinach very carefully so that it is drained of all sand. Place it in a large pot with only the water that clings to it. Do not use additional water. Boil for 5 minutes only. Chop, mince or blend it in the liquidiser. Season with salt, pepper and nutmeg. Creamed spinach is made by adding a cup of cream sauce to approximately 2 cups chopped spinach. The sauce is made by melting 2 tablespoons butter, adding salt, pepper and nutmeg. At this stage you can soften a little chopped onion in the butter. Now add 1 cup milk or half milk and half vegetable stock and a very small quantity of cream. Stir the sauce constantly so that it does not lump.

SPINACH RING

Make creamed spinach as in the previous recipe. Add 3 beaten egg yolks to the mixture when it is hot but not when it is over the flame. Beat the egg whites until stiff and fold into the spinach-yolk mixture. Turn into a greased ring mould and place the mould in a pan of hot water. Bake in 350 oven for about half an hour. Invert on a warm plate and fill with creamed mushrooms and hard-boiled eggs and serve.

SQUASH CUSTARD

- 1½ lbs. summer squash
- 1 medium sized onion
- 1 cup medium white sauce
- ½ cup grated cheese
- 2 eggs, slightly beaten
- 1 cup buttered crumbs
- 2 tablespoons grated Parmesan cheese

Peel the squash. Cook with the onion until tender in a very little boiling salted water. Drain thoroughly and combine with the white sauce, cheese and eggs. Turn into a greased baking dish. Sprinkle with buttered crumbs and parmesan cheese. Bake in 375 oven for 30 minutes.

BAKED BUTTERNUT, GEM, OR ACORN SQUASH

Preheat oven to 425.

Cut squash in half lengthwise and then across into quarters. Remove the seeds and fibres and brush cut surfaces with oil or melted butter. Place on a baking tin, cover with foil and bake until almost tender, about 25 minutes. Uncover, brush with more oil and continue baking until tender and lightly browned.

SQUASH, BABY MARROWS, PUMPKIN

Cucumber and baby marrows are interchangeable in cooking. Cucumber, cooked, turns a beautiful green colour and is delicious served with fish. Green paw paws can also be cooked as squash.

MASHED GEM OR BUTTERNUT SQUASH

- 2 lbs. squash
- 2 tablespoons butter
- 1 tablespoon brown sugar
- salt, pepper

Cook the squash until tender. Remove the seeds. Mash the pulp and add other ingredients.

BABY MARROW WITH CELERY (Israeli Dish)

Brown 1 lb. marrows in a little oil. Stew gently for 15 minutes. Add 1 tablespoon vinegar. Cook until soft and add 1 teaspoon chicken stock powder (Telma). Salt and pepper and cover with chopped celery leaves. Add 1 beaten egg, mix together and cook for 2 minutes. Serve.

FRIED BABY MARROW SLICES

Peel and dry marrow or cucumber slices. Season, dip in eggs and crumbs and fry in hot oil.

BABY MARROW AND MUSHROOM CASSEROLE

- 1 lb. marrows, trimmed and scrubbed (if they are young it is not necessary to clean them)
- 1 clove garlic, crushed
- chopped dill, if available
- ½ lb. mushrooms
- 3 tablespoons butter
- 2 tablespoons flour
- 1 cup sour cream
- buttered breadcrumbs

Cut the marrows crosswise into 1 in. slices. Add the dill and garlic and boiling salted water to cover. Boil for a very short time until the vegetable is tender. Drain. Reserve 2 tablespoons of the cooking liquid. Sauté the mushrooms in butter for five minutes. Stir in the flour and cook for another 2 minutes. Add the sour cream, baby marrows and the reserved cooking liquid. Stir constantly. Correct the seasonings and heat thoroughly but do not boil. Transfer the mixture to a fireproof dish and top with buttered breadcrumbs. Brown quickly under the grill.

BABY MARROW FRITTERS

- 1 lb. grated baby marrows
- 1 teaspoon black pepper
- $\frac{1}{2}$ cup matzo meal
- 2 cloves garlic, crushed
- 2 eggs
- 1 carrot, minced
- 1 large onion, minced and fried in oil

Grate the marrows. Mix with all the other ingredients and form into small balls. Place on a greased and floured baking tin and bake in a hot oven about 5 minutes on each side.

BAKED BABY MARROWS

Parboil the marrows in salted water. Cut them lengthwise but do not peel. Cover with a white sauce. Sprinkle grated cheese over the sauce and brown in the oven. If cucumbers are substituted they must be peeled.

GRILLED TOMATOES

- 3 large tomatoes
- salt, black pepper and pinch of sugar
- butter
- breadcrumbs

Cut the tomatoes in half, leaving the skin on. Sprinkle with salt, pepper and sugar. Dot the tomatoes with oil or butter and sprinkle the breadcrumbs over the tops. Place under grill until the crumbs are brown.

SICILIAN STUFFED TOMATOES

- 4 large tomatoes
- $\frac{1}{4}$ cup oil
- 1 onion, chopped fine
- 2 tablespoons anchovy paste
- 1 tablespoon chopped black olives or capers
- 1 tablespoon chopped parsley
- salt, pepper, sugar
- $\frac{1}{2}$ teaspoon dried basil or 1 dessertspoon fresh chopped basil
- $\frac{1}{2}$ cup breadcrumbs

Cut the tops from the tomatoes and scoop out the pulp. Heat two tablespoons oil in a frying pan and add the onion. Saute until golden brown. Add the tomato pulp, the anchovy paste, olives or capers, parsley and 2 tablespoons breadcrumbs, salt, pepper and sugar. Fill the tomatoes with the stuffing. Mix the remaining crumbs with the remaining oil and spread over the top. You can also fill tomatoes with mushrooms, spinach, peas, mashed potatoes or rice.

OVEN-COOKED RICE

- 1 cup raw Tastic rice
- 3 tablespoons butter or oil
- 2 cups water
- 1 teaspoon salt

Put rice in ovenproof dish. Bring other ingredients to the boil and pour over rice. Bake for 45 minutes in 300 oven.

RICE PILAFF

- $\frac{1}{2}$ cup butter or fat
- 2 cups Tastic rice
- 1 quart hot chicken stock
- salt and pepper

Melt the butter in a heavy frying pan and saute the rice, stirring until it is golden brown in colour. Do not brown the rice for too long. Place the rice in a heavy casserole and pour the seasoned stock over it. Place in a medium oven, uncovered, for 1 hour. After half an hour stir with a spoon so that the rice browns evenly. Should you want to add other ingredients like mushrooms or sultanas or onions to the pilaff, these must be added at the time the stock is poured over the rice. The sultanas should be plumped in hot water and the onions and mushrooms must be cooked.

JAMBALAYA

- 2 tablespoons fat
- 1 cup finely chopped onion
- 1 cup finely chopped green pepper
- 2 cloves garlic, crushed
- 2 cups cooked and cubed chicken
- $2\frac{1}{2}$ cups tomatoes, stewed and undrained
- 1 cup raw Tastic rice
- $1\frac{1}{2}$ cups chicken stock
- 1 tablespoon chopped parsley
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon black pepper
- pinch chilli powder

Melt the fat in a heavy pan. Add the onion, pepper and garlic. Cook slowly, stirring frequently until the onion and the pepper is soft. Add the chicken and cook for 5 minutes. Add the tomatoes with their liquid and the rice, parsley and seasonings. Turn the mixture into a heavy iron casserole. Cover and bake in a medium oven for $1\frac{1}{4}$ hours.

SPANISH RICE

Heat 3 tablespoons butter or fat in a pan. Add 1 cup raw Tastic rice and cook it, stirring constantly until the grains are golden brown. Put the rice to one side and brown in the fat 3 cloves crushed garlic and 1 onion minced. Add 2 tomatoes, skinned and chopped, and 2 seeded and sliced green peppers. Mix all the ingredients and add 2 cups stock. Cover the pan and cook the rice for about 20 minutes or until the rice is tender. Add a little more liquid if necessary.

SOUTH AFRICAN RICE

In a heavy pot mix 1 cup raw Tastic rice, $1\frac{1}{2}$ cups water, 1 teaspoon grated lemon rind, 1 in. cinnamon stick, $\frac{1}{2}$ teaspoon tumeric. Cover the pan and bring the liquid to the boil and simmer for 15 minutes. Stir the rice once with a fork and add $\frac{3}{4}$ cup sultanas. Cook the rice covered for about 20 minutes. Combine 2 tablespoons melted butter or oil with 2 tablespoons sugar and stir this mixture into the rice. Arrange the rice in a greased baking dish and dot with butter. Place it under the grill for 3 minutes.

Sauces

UNCOOKED MARINADE

- 1 carrot, 1 onion, both sliced
- 4 sprigs parsley
- 1 bayleaf
- 1 sprig thyme or $\frac{1}{2}$ teaspoon powdered thyme
- 6 peppercorns
- 1 tablespoon salad oil
- 1 cup red or white wine

Pour the marinade over the meat. Leave for a few hours. The marinade can be used for the sauce. This marinade will tenderise the meat.

COOKED MARINADE

In a saucepan combine:

- 4 cups water
- 1½ cups vinegar
- 2 onions, chopped
- 1 carrot, sliced
- 4 sprigs parsley
- 1 clove garlic
- 1 teaspoon thyme
- 2 bayleaves
- 12 peppercorns
- 1 tablespoon salt

Boil mixture and allow it to simmer very slowly for about $\frac{3}{4}$ hour. Cool the marinade thoroughly before pouring it over the meat. This marinade will be discarded and not used in the cooking.

HOLLANDAISE SAUCE

- 3 egg yolks
- 1 tablespoon lemon juice
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup melted butter

Place the egg yolks in a round-bottomed bowl. Place the bowl over a pot of hot but never boiling water. Add the lemon juice to which the salt and perhaps a very little cayenne pepper has been added. Have melted butter ready in a saucepan. Beat the yolks with a whisk and add the melted butter a very little at a time. Keep sauce warm, but not hot. Serve with cooked asparagus or over grilled soles.

MORNAY SAUCE

Add $\frac{1}{2}$ cup grated cheese to each cup of white sauce.

VELOUTE SAUCE

- $\frac{1}{3}$ cup butter or fat
- $\frac{1}{3}$ cup flour
- 3 cups fish or chicken stock
- $\frac{1}{2}$ teaspoon salt
- 2 peppercorns
- 1 sprig parsley
- pinch grated nutmeg

Make in the same way as a white sauce.

YOGHURT SAUCE

- 2 cups yoghurt
- 1 onion, finely chopped
- 1 tomato, peeled and chopped
- $\frac{1}{2}$ teaspoon caraway seeds

Chill thoroughly and use as a salad dressing for cabbage or cooked cauliflower.

COCKTAIL SAUCE FOR FISH

Mix together 1 cup mayonnaise, $\frac{1}{4}$ cup ketchup, $\frac{1}{4}$ cup chilli sauce, 2 tablespoons prepared white horseradish. Add 1 teaspoon worcester sauce and 3 drops tabasco and the juice of 1 lemon.

HINTS

Corks: If a cork is too large for the bottle, leave in boiling water for a minute or two and it will fit quite easily.

Egg Whites: To make egg whites more fluffy, add a few drops of lemon juice when beating.

Jam: When sealing jam, place a narrow tape or piece of string long enough to extend beyond the jar, across the top, and pour on hot wax. When the jam is to be used, the wax can be removed simply by lifting the string.

Scones: Will split more easily for buttering if the dough is folded double. Cut through the two layers before baking.

Ox Tongue: Peels more easily if a tablespoon of vinegar is added to the water in which it is cooked.

Toast: If toast burns, never scrape with a knife. Rub the two slices together and the badly burnt parts will hardly be noticeable.

Beetroot: When boiling beetroot for salad, add a teaspoon of sugar to the water to soften more quickly.

Coffee Stains: Obstinate coffee stains which refuse to yield to ordinary washing should be soaked in a solution of a teaspoon of borax to a pint of warm water. Then wash in the usual way.

MAYONNAISE

- 2 egg yolks
- 1 teaspoon each, mustard, sugar, paprika and salt
- 1 dessertspoon boiling water

Combine the above ingredients. Now slowly add 1 large cupful of oil. Start by using 1 teaspoonful at a time. When the mayonnaise becomes very thick you can add the oil more quickly. Use either the electric mixer or a good egg beater. When the oil is used up add 2 tablespoons boiled vinegar which has been cooled. If the vinegar is boiled, the mayonnaise will last indefinitely and can be stored.

CHERRY SAUCE FOR BOILED TONGUE

Bring to a boil:

- 1 wineglass sweet red wine
- juice of 3 oranges
- juice of 1 lemon
- 1 tablespoon apple jelly
- 1 tablespoon chutney
- 1 tablespoon H.P. sauce
- 1 tablespoon worcester sauce
- dash of cayenne pepper
- salt to taste

Boil until volume is reduced by one half and then add $\frac{1}{2}$ cup pitted cherries.

ONION SAUCE FOR BOILED MEAT

Peel and slice 3 medium-sized onions. Fry them in 2 tablespoons fat. Add $1\frac{1}{2}$ tablespoons flour and blend. Add $1\frac{1}{2}$ cup stock. Stir until well-mixed. Add 1 stalk celery, chopped and $\frac{1}{2}$ bayleaf. Salt and pepper to taste. Simmer gently for $\frac{1}{2}$ hour or until onions are perfectly tender. Pass through a sieve, mashing onions through with the stock. An electric blender will do the job in a few seconds. Add 2 tablespoons capers and 1 tablespoon vinegar.

CUCUMBER SAUCE WITH BOILED FISH

- 3 tablespoons butter
- 3 tablespoons flour
- $1\frac{1}{4}$ cups milk
- $\frac{1}{4}$ cup cream
- $\frac{1}{2}$ cup chopped cucumber

Melt the butter and add the flour. Cook slowly and add the milk gradually. Just before serving stir in the cream and the cucumber.

SAUCE FOR COLD FISH

- 2 tablespoons vinegar
- 6 tablespoons oil
- 3 tablespoons French mustard
- 1 clove garlic, crushed
- 6 anchovy fillets, mashed to a pulp
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon chopped parsley
- 1 tablespoon chopped chives or spring onions

Combine all the ingredients and chill.

BARBECUE BASTING SAUCE

- 1 cup oil
- $\frac{1}{4}$ cup soy sauce
- $\frac{1}{2}$ cup sherry

Combine the ingredients and use as a sauce for barbecuing chicken or fish

TARTAR SAUCE

- 1 cup mayonnaise
- 1 tablespoon chopped parsley
- 1 tablespoon chopped chives
- 1 tablespoon chopped capers
- 1 small pickled cucumber, chopped

Mix all ingredients. Serve with cold fried fish.

TEHINA DRESSING

(Made from sesame seed oil. Served in the Middle East and wonderful as a dip or as a dressing for salads or over hot vegetables. Tehina is obtainable from the Greek grocers in Johannesburg.)

- 2 tablespoons tehina
- juice of 1 lemon
- $\frac{1}{4}$ cup cold water
- salt, pepper and paprika

Put tehina into a bowl. Add lemon juice, water and seasonings, gradually. Mix well. Pour over vegetables and serve. Sprinkle with parsley or chopped dill. Add a little crushed garlic if you like it.

ASPIC WITH AGAR AGAR

- 1 tablespoon crushed agar agar
- $\frac{1}{4}$ cup cold water
- 1 cup chicken stock

Soak agar agar in water. Allow it to stand until swollen. Boil in stock until dissolved. Pour into a tray. It will set as soon as it is cold, even outside the refrigerator.

MUSTARD SAUCE

Simmer $\frac{1}{2}$ cup honey and $\frac{1}{2}$ cup strained orange juice. Add $\frac{1}{2}$ cup vinegar and 1 tablespoon each of dry mustard and tumeric. Add 1 teaspoon ginger. Stir in 1 teaspoon Maizena mixed to a paste with 1 tablespoon cold water and cook the sauce, stirring constantly until it is thick and clear.

FRENCH DRESSING

- 3 tablespoons oil
- 1 tablespoon vinegar
- salt, pepper, mustard
- pinch of sugar

Place the salt, pepper, mustard and sugar in a wooden bowl. Add the oil and stir with a wooden spoon. Finally add the vinegar. The bowl should be rubbed with a piece of cut garlic. It should not be washed after using but wiped with a cloth and rubbed with a very little bit of oil.

WHITE SAUCE**THIN:**

- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup milk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

MEDIUM:

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

THICK:

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

Melt the butter and stir in the flour. Blend well. Add seasonings and then gradually stir in the milk. Always heat the milk and place in the milk a few slices of onion, a bit of bayleaf, 2 sprigs parsley and 1 whole clove. This flavours the milk and gives the sauce a much better taste. If the milk is hot before it is added there is little likelihood of the sauce being lumpy.

BECHAMEL SAUCE

- $\frac{1}{3}$ cup butter
- $\frac{1}{2}$ onion, minced
- $\frac{1}{3}$ cup flour
- 3 cups hot, flavoured milk
- 1 teaspoon salt
- pepper, nutmeg, parsley

Melt butter in a saucepan. Add onion and cook until soft. Add flour and proceed as for white sauce.

RICH WHITE SAUCE

To 1 cup white sauce add 2 egg yolks, well beaten. Heat the sauce but do not let it boil.

TOMATO SAUCE, Italian Style

- 2 cups chopped onion
- 3 cloves garlic, crushed
- 3 tablespoons oil
- 2 lbs. tomatoes, skinned
- 2 small cans tomato paste
- 2 cups water or veal or beef stock
- 1 bayleaf
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon origanum or basil
- 2 teaspoons sugar

Saute onions and garlic in oil until brown, stirring often. Add tomatoes and tomato paste, water or stock, bayleaf, salt and pepper and sugar. Simmer uncovered, stirring occasionally, for about 1½ hours. Add origanum or basil.

MUSHROOM SAUCE

Cook $\frac{1}{2}$ lb. mushrooms and 2 spring onions, finely chopped, in 4 tablespoons butter. Add to the pot $\frac{1}{2}$ cup dry white wine and allow it to cook until there are about 2 tablespoons liquid left. Melt 4 tablespoons butter in another pot. Add 4 tablespoons flour and stir. Gradually add 1 cup hot milk and simmer the sauce until thick. Add the cooked mushrooms to the sauce.

MINT SAUCE

Combine $\frac{3}{4}$ cup hot vinegar with 4 tablespoons water. Add $\frac{1}{2}$ cup finely chopped fresh mint and 3 tablespoons sugar. Stir the sauce until the sugar is dissolved.

CHINESE SWEET AND SOUR SAUCE

- 1 cup vinegar
- 2 cups pineapple juice
- $\frac{3}{4}$ cups sugar
- 2 cups clear stock
- 2 tablespoons soy sauce
- 3 tablespoons grated fresh green ginger or 5 tablespoons chopped crystallised ginger
- $\frac{1}{2}$ cup Maizena
- 1 cup cold water

Heat vinegar, pineapple juice, sugar and stock, soy and ginger. Gradually stir in Maizena mixed with cold water. Cook, stirring until clear and thickened.

BERNAISE SAUCE (Made in liquidizer)

- 6 green onions, minced
- $\frac{1}{4}$ cup vinegar
- 4 egg yolks
- 2 teaspoons dried tarragon (if not available use tarragon vinegar)
- $\frac{1}{4}$ teaspoon each salt and dry mustard
- dash tabasco
- 1 cup melted butter

Cook onions in vinegar until the liquid is absorbed and onions are tender. Place in liquidiser with egg yolks, salt, dry mustard, salt and tabasco. Turn on blender for a few seconds and gradually add melted butter through the small opening in the lid. If you do not possess a lid with a hole in it, then cover blender with aluminium foil and make a hole in the foil.

MOCK BERNAISE

- 2 tablespoons tarragon v'negar
- 2 cups mayonnaise
- $\frac{1}{2}$ teaspoon dry mustard
- 6 peeled and minced green onions

If you have a blender, blend the sauce, otherwise use a wire whisk.

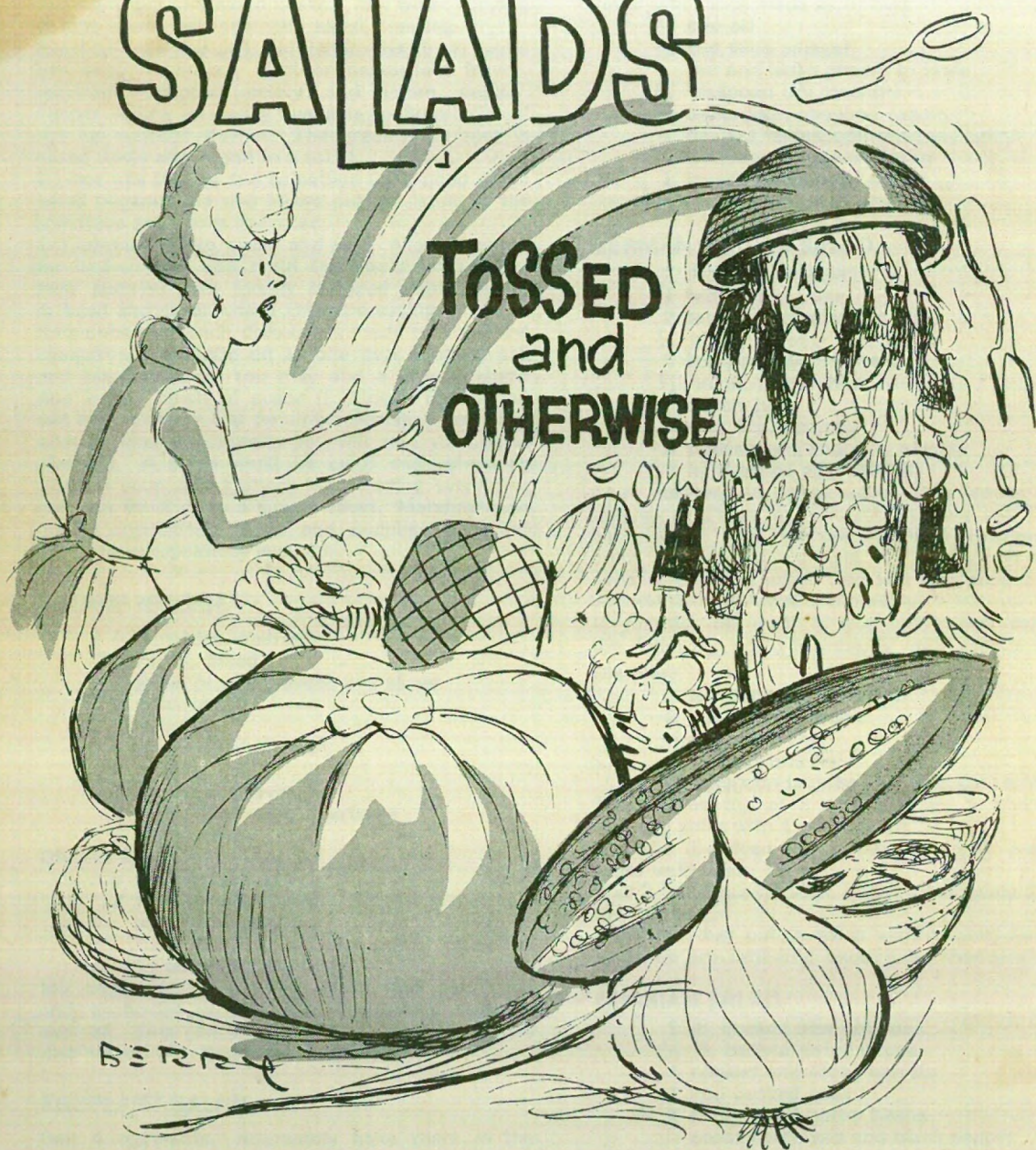
HORSERADISH SAUCE

- $\frac{1}{4}$ cup drained prepared horseradish
- $\frac{1}{2}$ teaspoon salt
- 1 cup sour cream

Combine ingredients. Sufficient for 6 people.

SALADS

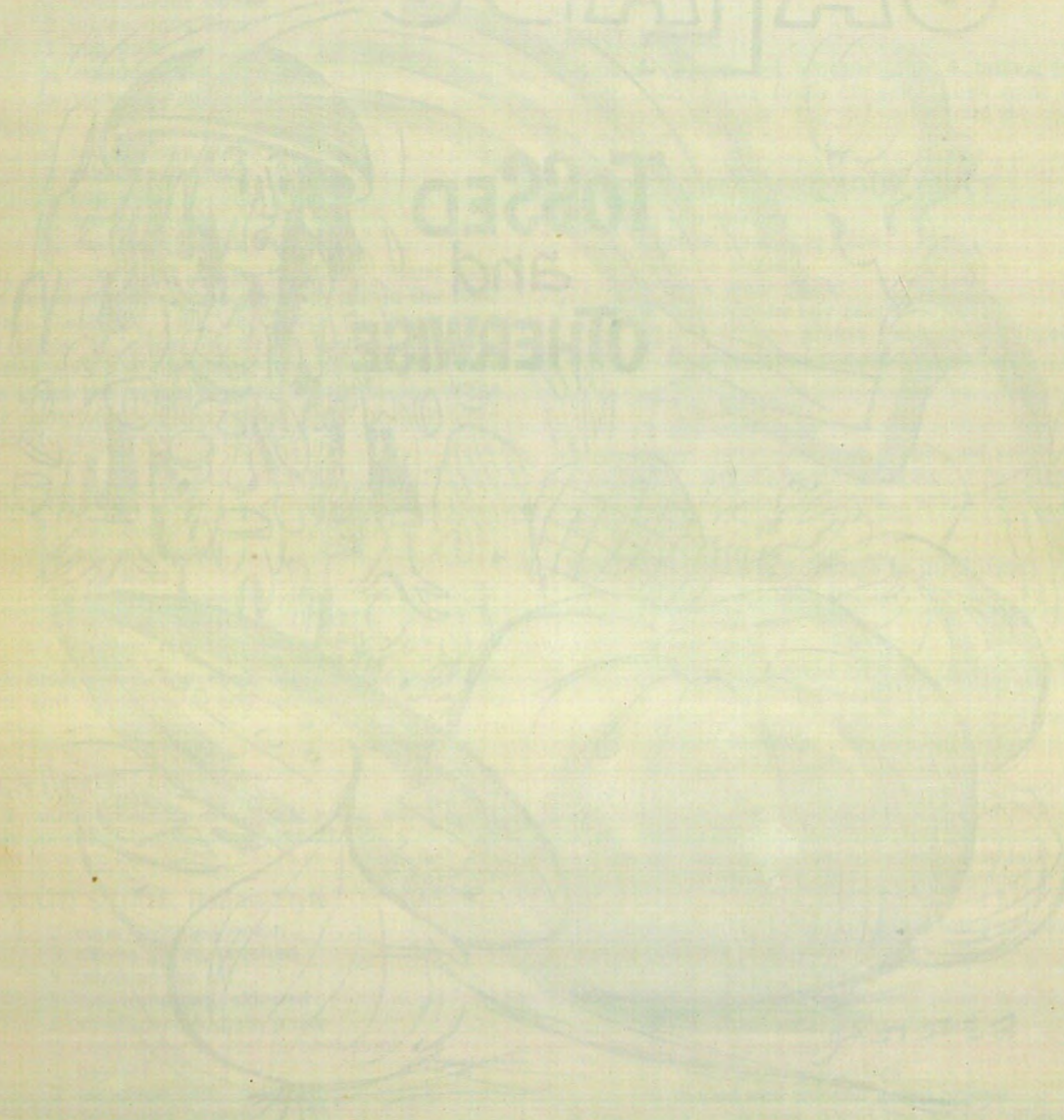
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GREEN SALAD

Break into a bowl some lettuce leaves. Never cut lettuce for salads. They must be well washed and dried. The best way to dry lettuce leaves is by shaking them in a salad basket. Any water clinging to the leaves will spoil the salad dressing.

For a change you can add watercress, fresh herbs like basil or chives, mint or nasturtium leaves, radishes, chopped celery and green pepper. Fennel, which is readily available in South Africa, has an aniseed flavour. The green-white root is sliced finely and added to a salad.

Do not mix lettuce and tomatoes for a good green salad because the salt brings out the liquid in the tomatoes and spoils the salad.

Cut tomatoes into slices and salt. Allow to stand for half-an-hour and drain the liquid from them. Now sprinkle with freshly chopped mint, parsley or basil and cover with a French dressing.

Remember a French dressing is made from oil and vinegar—three parts oil to one part vinegar, salt and black pepper. You may add a little mustard. Add a tiny pinch of sugar (I think a Frenchman will leave out the last two ingredients). If you start adding other condiments you will ruin your salad dressing. A salad must be crisp and refreshing and try your very hardest from adding everything you can think of to a simple salad. Marshmallows, dates, crystallised fruits and suchlike additions are to be scrupulously avoided.

SALADE NICOISE

- 4 tomatoes, quartered
- $\frac{1}{2}$ onion, sliced
- 1 green pepper, seeded and sliced
- 2 lettuces
- 8 radishes
- 4 stalks of table celery
- 1 tin tuna fish
- 1 tin flat anchovies
- 2 hard-boiled eggs, quartered
- 8 black olives

DRESSING:

- 6 tablespoons oil
- 2 tablespoons vinegar
- salt, black pepper
- fresh basil if you can get it, otherwise
- $\frac{1}{2}$ teaspoon dried basil

Mix vegetables in a bowl. Place tuna fish, eggs and anchovies on the top. Pour salad dressing over all. This can be a lovely supper or luncheon dish served with Greek cheese (Feta).

EGGPLANT SALAD

Boil 4 eggplants. Alternately bake them in the oven and leave them until the skin can be peeled off easily. This will take about $1\frac{1}{2}$ hours. If you boil them you do not peel them. Pound the flesh or mince it. Add 2 cloves crushed garlic, salt and pepper. Add a teaspoon at a time, a little salad oil. When it is a thick puree, add the juice of half a lemon and a handful of chopped parsley.

GREEN BEAN SALAD WITH SAUCE VINAIGRETTE

- 3 lbs. green beans, cooked until tender but still firm

Cover with sauce made as follows:

- $\frac{3}{4}$ cup oil
- $\frac{1}{3}$ cup wine vinegar
- salt and black pepper to taste
- $\frac{1}{2}$ teaspoon dry mustard
- 1 tablespoon chopped capers
- 1 heaped tablespoon chopped onion
- 1 teaspoon chopped parsley
- 1 teaspoon chopped chives

Combine all the ingredients and chill.

GERMAN POTATO SALAD

- 2 lbs. new potatoes
- 1 tablespoon sugar
- 2 tablespoons vinegar
- $\frac{1}{4}$ pint thick sour cream
- 1 teaspoon dry mustard
- $\frac{1}{2}$ onion, finely chopped
- lemon juice
- salt, black pepper
- 2 tablespoons chopped parsley
- 2 hard-boiled eggs, sliced

Cook potatoes in salted water until tender. Peel and slice. Place in bowl and sprinkle with sugar and vinegar. Add sour cream mixed with mustard, onion and, if you can get it, 1 teaspoon celery seed, and lemon juice. Add salt and pepper. Toss and garnish with eggs and parsley.

If you do not want to use cream you can use the following cooked dressing with potato salad:

Dissolve:

- 1 teaspoon dry mustard
- 2 tablespoons sugar
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons flour
- $\frac{1}{4}$ teaspoon paprika in $\frac{1}{2}$ cup cold water

Beat in the top of a double boiler 1 whole egg or 2 egg yolks with $\frac{1}{4}$ cup vinegar.

Add the dissolved ingredients and cook over hot water until thick.

Add 2 tablespoons oil or butter when cooked. Chill the dressing.

Don't smother potato salad with mayonnaise. The potatoes are fattening enough by themselves.

RUSSIAN SALAD

- 1 lb. cooked new potatoes
- $\frac{1}{2}$ lb. cooked string beans
- 4 cooked and sliced carrots
- 1 cup cooked peas
- 1 cup cooked butter beans
- season with salt and black pepper

Mix 2 tablespoons oil with 2 tablespoons vinegar and sprinkle over the vegetables. Add 1 tablespoon chopped pickled cucumber and 1 tablespoon chopped capers to 1 large cup mayonnaise. Toss salad with the mayonnaise and add the grated hard-boiled eggs and 2 tablespoons chopped parsley.

LEEKS VINAIGRETTE

Cook the white part of leeks after having washed them very well to drain them of all grit. When they are soft, drain the leeks and cover them with a vinaigrette sauce.

FRENCH POTATO SALAD

- 8 medium potatoes
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{2}$ cup chicken stock
- $\frac{1}{2}$ teaspoon mustard
- 2 tablespoons dry white wine (don't open a bottle specially, if it isn't available then use more vinegar)
- 1 tablespoon chopped parsley
- $\frac{1}{2}$ cup oil

Cook the potatoes in their skins until tender, but firm. Peel while still warm. Cut into $\frac{1}{4}$ in. thick slices. Place in salad bowl. Combine all the other ingredients and pour over potatoes. Toss gently so that potatoes do not crumble.

MONEGASQUE ONIONS

- 1 lb. very small white onions
- $\frac{1}{2}$ cup white vinegar
- $1\frac{1}{2}$ cups water
- 3 tablespoons oil
- 3 tablespoons tomato paste
- 1 bayleaf
- $\frac{1}{4}$ teaspoon thyme
- a sprig of parsley
- salt and black pepper
- $\frac{1}{2}$ cup currants

Place all ingredients in a heavy saucepan. Cover and cook over a low fire for $1\frac{1}{2}$ hours or until the onions are tender and the sauce is thick and very much reduced. Chill and serve as a salad with cold meats.

COLESLAW

- 1 large cabbage, shredded finely
- 4 tablespoons vinegar
- 2 tablespoons sugar
- salt and black pepper
- $\frac{1}{2}$ teaspoon paprika
- 3 finely chopped spring onions
- $\frac{1}{4}$ teaspoon celery seed
- $\frac{1}{4}$ teaspoon caraway seed
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{4}$ cup prepared horseradish (optional)

Shred the cabbage. Pour boiling water over it and then cover with ice cubes. This tenderises the cabbage and crisps it. Drain thoroughly. Combine vinegar, sugar, salt, pepper and paprika in a bowl. Add the cabbage and toss well. Marinate for 1 hour. Add the spring onion and the seeds. Mix the mayonnaise with the cream and horseradish. Toss again and serve.

CAESAR SALAD

Dice 2 slices bread and fry in garlic-flavoured oil. Wash 1 large head lettuce and drain very well. Break up the lettuce and toss with garlic-flavoured french dressing.

Sprinkle with 1 tablespoon lemon juice. Add the fried bread and one egg yolk raw. Use one tablespoon finely chopped fresh basil if you can get it. Toss the salad well. You may also add about 6 anchovy fillets and 6 tablespoons finely grated parmesan cheese.

GRILLED PEPPERS**4 large green peppers**

Rub them with oil and place them under the griller for a few minutes. It will now be easy to take off the tough outside peel.

Slice them and throw away the pips. Marinate in a french dressing to which you have added a tablespoon chopped onions and 1 teaspoon dry mustard.

STUFFED GREEN PEPPERS

Cut off a slice from the tops of 6 large green peppers. Remove the seeds. Mix together:

- 3 cups breadcrumbs
- 1 tin flat anchovies, pounded to a paste
- $\frac{1}{2}$ cup stoned black olives
- 2 tablespoons capers
- 2 tablespoons chopped onion softened in a little oil
- 2 egg yolks for binding
- handful chopped parsley

Place the peppers in an oiled baking tin. Pour one tablespoonful oil over each pepper. Bake in 375 oven for about 35 minutes. Served chilled.

BELGIAN TOMATO SALAD

Cut 1 very large onion into thin rings.

Spread rings on the bottom of a large bowl. Cover with 1 large sliced tomato. Sprinkle the onion and the tomato with salt, sugar and black pepper. Add 2 tablespoons chopped chives and, if available, a little chopped basil and 1 teaspoon celery seeds. Chill well.

GARDEN SALAD WITH SOUR CREAM

- 1 large cucumber
- 1 bunch radishes
- 1 bunch spring onions
- 2 quartered tomatoes
- 2 carrots, cut into strips
- 2 baby marrows
- 1 small head cauliflower
- 1 cup sour cream
- lettuce leaves

Slice the cucumber, radishes, spring onions, tomatoes, carrots and baby marrow. Separate the flowerets from the cauliflower. Cover all these vegetables with the sour cream. Arrange lettuce leaves on plates and place the vegetables in cream in even portions on the leaves. Top each portion with a little more cream and a few capers.

CUCUMBERS WITH DILL

Slice cucumbers very thinly. Sprinkle the slices with salt and weigh them down with a heavy plate. Leave them for 2 hours. Rinse the slices in cold water. For every 2 cucumbers combine $\frac{1}{2}$ cup vinegar, 2 tablespoons each of water and sugar, pepper and 1 tablespoon chopped fresh dill. Pour over cucumbers and chill.

WALDORF SALAD

- 6 red-skinned eating apples
- juice of 2 lemons
- 6 stalks table celery
- handful chopped walnuts
- 1 large lettuce
- mayonnaise

Core and dice apples and sprinkle with lemon juice. Add chopped celery and nuts. Toss together in mayonnaise and pile into salad bowl lined with lettuce leaves.

RICE SALAD

- 2 cups cooked rice
- $\frac{1}{4}$ cup french dressing
- $\frac{3}{4}$ cup diced, cooked green beans
- 3 hearts of artichokes (optional)
- 2 sticks table celery, chopped
- 3 hard-boiled egg whites, chopped

Mix all ingredients in a bowl. Sprinkle with sieved egg yolks. Decorate with thinly sliced radishes and a circle of minced parsley. When serving add another $\frac{1}{4}$ cup french dressing. This is a very good salad with cold chicken or cold poached fish.

BEET RING

- 2 cups small cooked beetroot
- 1 dessertspoon gelatine or agar-agar
- $\frac{1}{4}$ cup cold water
- $\frac{1}{2}$ cup chopped celery
- 2 tablespoons sugar
- 2 tablespoons prepared horseradish

Boil the water from the cooked beetroot. Add to it the gelatine which has soaked in $\frac{1}{4}$ cup cold water. Stir until dissolved and cool. Add the celery, the sugar and the horseradish and the beetroot. If they are very small leave them whole, otherwise slice or grate them. Place in a ring mould and leave in refrigerator until set.

EGGPLANT WITH TOMATO SALAD

Slice an eggplant thinly.

Salt the slices, pile them together and let them stand under a heavy plate for $\frac{1}{2}$ hour. Drain them. Peel and slice 6 large tomatoes and 3 onions. In the bottom of a shallow baking dish arrange a layer of onion slices. Put a layer of eggplant slices over the onion, then a layer of tomatoes over the eggplant. Sprinkle a few peppercorns and salt over the layers. Fill all the corners with tomato. Fill the dish just to the top layer with oil and bake it in 250 oven for 3 hours or more. Serve chilled.

ORANGE VINAIGRETTE

Peel and slice horizontally 6 ripe oranges. Pour over them a vinaigrette sauce made as follows:

- 6 tablespoons oil
- 2 tablespoons vinegar
- 15 black olives, pitted and chopped
- $\frac{1}{2}$ large onion, finely chopped
- 1 tablespoon fresh mint
- 1 tablespoon chopped parsley
- salt and black pepper

GUACAMOLE (Avocado Pear Salad)

- salt and black pepper
- 1 clove crushed garlic
- 1 large avocado pear
- juice of $\frac{1}{2}$ lemon
- 1 tablespoon minced onion
- a few drops of tabasco or a pinch of cayenne pepper

Mash the avocado pear and add the other ingredients. Cover with a thin layer of mayonnaise mixed with a little sour cream. This will prevent the mixture from darkening. Just before serving mix all the ingredients thoroughly.

You can also use avocado pear salad made as above as a dressing on crisp green vegetables. It would be delicious with grated radishes—the long white kind or the black-skinned ones.

HINTS

The first kitchen rule is "Clean up as you go along." Don't clutter up the kitchen with dirty plates and dishes. Put newspaper on the table and throw away the mess with the paper. By "mess" I mean the peelings and waste, not the dish intended for the meal, not the knives, spoons, etc., which you have used in the preparation of the food.

Don't be unpleasant about giving away recipes. There is not a recipe that cannot be found in some cookery book or other, and don't forget that no two cooks ever cook exactly the same.

In making salads, rub your wooden bowls with garlic. Don't wash your bowls. Clean them out with paper towelling and rub them with a little oil before putting them away.

Don't cut up lettuce if you have pretensions to being a good cook. This is considered the worst possible form. Break lettuce up into pieces. There is a reason for this—it tastes better.

Lemon juice brings out the flavour of all fruit. It also blanches food. Mushrooms will retain their whiteness if a little lemon juice is added before cooking them.

CALORIE CHART

Food	Quantity	Calories
Apple, raw	1 large	100
Apple pie	1/6 of pie	350
Apricots with juice	12 halves	150
Avocado	1/2 medium sized	300
Banana	One	100
Beans, baked	3/4 cup	200
Beans, string	1/2 cup	25
Beef roast	small serving	100
Beer	8 ounces	100
Bread, rye	1 slice	43
Bread, whole wheat	1 slice	64
Bread, white	1 slice	52
Butter	1 tablespoon	100
Carrots, cooked	1/2 cup	30
Cheese	1 ounce	100
Cheese, cottage	1 tablespoon	15
Chicken, roast	light serving	100
Chocolate, candy bar	One	350
Coffee, black	Cup	—
Doughnuts	One	200
Duck, roast	1 light serving	300
Eggs, boiled	One	70
Eggs, fried	One	110
Gin	1 ounce	70
Grapefruit	half	100
Gravy	3 tablespoons	100
Honey	1 tablespoon	100
Ice Cream	Half pint	100
Jam	1 tablespoon	60
Lamb chop, boiled	Average	100
Lettuce	Large head	50
Macaroni	1/2 cup cooked	90
Mayonnaise	1 tablespoon	100
Milk	1 cup	166
Orange	One	100
Pancakes	One	100
Peaches with juice	2 halves	100
Peanuts	2 dozen	100
Peas	1/2 cup	75
Pineapple, canned	1 slice	100
Potatoes, baked	1 medium	100
Potatoes, mashed	1 cup	200
Potatoes, sweet, baked	1 medium	200
Rice, white	1/2 cup cooked	100
Shredded wheat	1 biscuit	100
Spaghetti	3/4 cup cooked	100
Spinach	3/4 cup cooked	25
Sugar	2 teaspoons	50
Tea, unsweetened	1 cup	—
Tomato Juice	1 cup	50
Turnips	1 cup	50
Veal, chops or roast	A portion	100
Whisky	1 ounce	80

Desserts



CALORIE CHART

1000
2000
3000
4000
5000
6000
7000
8000
9000
10000



Hot Desserts

LEMON PUDDING

- 4 ozs. butter
- 4 ozs. castor sugar
- 2 yolks of eggs
- 4 ozs. fresh white breadcrumbs
- grated rind and juice of 2 lemons
- $\frac{1}{2}$ teaspoon baking powder

Cream the butter and the sugar. Add the yolks one at a time and then the crumbs and rind and juice of the lemons. Lastly add the baking powder. Turn into a well-buttered mould. Steam for 40 minutes. Just before turning out prepare the sauce:

- 2 egg whites
- 3 ozs. castor sugar
- 1 large apple

Whip the whites to a stiff froth. Add the sugar. Whip for a minute and add the finely grated apple. Spread this quickly over the serving dish, which had better be oven-proof. Dust with castor sugar and set in a quick oven. Turn the pudding on to the sauce and serve at once.

LEMON DELICACY

- 2 tablespoons butter
- 2 eggs
- juice and rind of 1 lemon
- $\frac{3}{4}$ cup sugar
- 2 tablespoons flour
- 1 cup milk

Cream the sugar and butter well. Add the well-beaten yolks, flour, lemon juice and rind. Mix well. Add the milk and finally fold in the stiffly beaten egg whites. Pour into a greased Pyrex dish. Set in a pan of water and bake in 375 oven for about 30 minutes. Should you want to serve a very firm pudding, then bake it longer. If you want the bottom to taste like a soft lemon curd, then bake it for a shorter time.

ORANGE CREAM

- 4 oranges, sliced
- 3 tablespoons sugar
- 4 egg yolks
- 1 cup orange juice
- 2 tablespoons grated orange rind
- 2 tablespoons lemon juice
- 1 teaspoon grated lemon rind

Beat the yolks and sugar in the top of a double boiler. Place over boiling water. Add the remaining ingredients and beat steadily until mixture thickens. Serve hot, poured over sliced oranges. Use $\frac{1}{2}$ orange to 1 person.

ORANGE OR LEMON SPONGE PUDDING

Cook in top of a double boiler:

- 2 cups soft white breadcrumbs
- 2 cups milk
- 2 tablespoons butter
- the juice and grated rind of 1 orange
- or $\frac{1}{2}$ lemon
- $\frac{1}{4}$ teaspoon salt
- 2 egg yolks

When the mixture is smooth fold in 2 egg whites, beaten with $\frac{1}{4}$ cup sugar. Turn into a buttered baking dish and bake in 350 oven for about 25 minutes.

FLOATING ISLAND

In top of a double boiler scald:

- 3 cups milk
- Mix in a bowl:
- $\frac{1}{4}$ cup sugar
- 1 tablespoon Maizena
- $\frac{1}{4}$ teaspoon salt

Gradually add a little hot milk and pour mixture into rest of milk. Cook and stir until mixture coats a wooden spoon. Beat 2 eggs with 2 egg yolks. Add a little hot milk mixture, stir, and add to remaining milk mixture. Cook 2 minutes more and add 1 teaspoon vanilla. Pour into a serving dish. Serve with meringue islands made as follows:

Beat until stiff:

- 2 egg whites
- pinch of salt
- $\frac{1}{4}$ cup sugar

Drop by tablespoonfuls into a shallow pot of boiling water. Cover and cook slowly. Place meringues on custard. You can also make the meringues first by cooking them in the hot milk before you have added the other ingredients. You can drop a teaspoonful of jam on each island and sprinkle the pudding with grated chocolate. Serve hot or cold.

PEARS A LA BORDELAISE

- 6 fresh pears
- lemon juice
- $\frac{1}{2}$ cup red wine
- 1 cup sugar
- 1 x 3 in. stick cinnamon
- 1 small piece lemon peel
- 2 tablespoons brandy

Peel and core the pears cutting into lengthwise halves. Brush with lemon juice. In a saucepan mix the wine, sugar, cinnamon and lemon peel. Bring to the boil. Add 2 pear halves at a time and cook very slowly until tender. Remove the pears and add another 2 halves when the first ones are cooked. Repeat the process until all the pears are cooked. Reduce the syrup to about half its original quantity and pour over the pears. Serve hot or cold. Pour the hot brandy over the pears and flame.

BLUSHING BEAUTY DUMPLINGS

Peel and core 6 medium baking apples.

Combine $1\frac{1}{2}$ cups water with the peelings and cores in a pot. Boil for 10 minutes. Strain. To the juice add $\frac{1}{2}$ cup sugar. Cover and cook for 10 minutes. Add a few drops of red colouring.

Sift together:

- 2 cups flour
- 1 teaspoon salt

Add:

- 2 teaspoons grated orange rind

Cut into the flour mixture:

- 4 - 6 ozs butter

Crumble the mixture with your hands until it looks like mealie meal.

Add 6 tablespoons orange juice. Stir with a fork until dough is moist.

Roll out on floured board to an 18 in. x 12 in. rectangle. Cut into strips 9 in. x 4 in.

Wrap a strip round each apple, cover the sides and the bottom but leave the top uncovered.

Mix 2 tablespoons sugar and 1 teaspoon nutmeg. Place a teaspoonful in centre of each apple. Dot with butter.

Place in a Pyrex dish and do not allow sides to touch. Pour syrup around dumplings. Bake in 375 oven for 50 minutes. Baste with syrup after 40 minutes.

VEGETABLE STEAMED PUDDING

(Don't be alarmed by the ingredients. This is one of the best steamed puddings imaginable.)

- 1 cup grated raw carrots
- 1 cup grated raw potatoes
- 1 cup seedless raisins or sultanas
- 1 cup toasted chopped almonds
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 1 cup brown sugar
- $\frac{1}{4}$ lb. butter
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon cloves
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ cup brandy

Stir the ingredients as listed above. Steam in a greased mould for about 2 hours.

APPLE PAN DOWDY

Fingers of bread, dipped in melted butter

- 4 large green cooking apples
- 4 tablespoons brown sugar
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ cup water

Line a Pyrex dish, bottom as well as sides, with fingers of bread dipped in melted butter. Fill in the centre with peeled, cored and sliced apples. Sprinkle apples with dark brown sugar and cinnamon. Add water and cover top with a layer of well-buttered fingers of bread. Sprinkle top with additional sugar. Cover and bake in 375 oven for about 50 minutes.

STEAMED FRESH FRUIT PUDDINGS

- $1\frac{1}{4}$ cups flour
- $\frac{1}{2}$ teaspoon nutmeg
- 3 teaspoons baking powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{3}$ cup butter
- 1 cup quick-cooking oats
- 1 egg, well beaten
- $\frac{1}{3}$ cup syrup
- $\frac{3}{4}$ cup milk
- 1 cup cherries, pitted, apples, pears, peaches, plums or whatever fresh fruit you like
- 2 tablespoons sugar
- 1 tablespoon flour (extra)

Sift together the flour, nutmeg, baking powder and salt. Cut in the butter. Add oatmeal, egg, syrup and milk. Mix well to make a thick batter. Put a 2 in. layer in an oiled mould. Add $\frac{1}{2}$ in. cherries or fruit mixed with sugar and sprinkled with flour. Alternate the layers of fruit and batter. Cover the mould and place in a pot of boiling water. Place some folded newspapers or a folded dishcloth in the pot of water so that the mould does not stand directly on the bottom. Boil for $1\frac{1}{2}$ hours. Be careful to fill the mould only about half-full to allow for expansion. Serve with cream, custard and warm, sweetened stewed fruit.

STEAMED CHOCOLATE PUDDING

Combine:

- 1 teaspoon melted butter with 1 oz. melted chocolate
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 1 egg, slightly beaten

Sift together:

- 1 cup flour
- 1 teaspoon baking powder

Add to chocolate mixture alternately with 1 cup milk.

Turn into a greased mould or a 1 lb. cocoa tin. Steam for 1 hour. Unmould.

STEAMED SPICE PUDDING

Sift together:

- $2\frac{1}{2}$ cups flour
- 2 teaspoons cinnamon
- $2\frac{1}{2}$ teaspoons soda

Add:

- 1 cup seedless raisins
- $\frac{1}{2}$ cup chopped nuts

Mix $1\frac{1}{2}$ cups syrup with 1 cup hot water. Stir into mixture and add:

- 2 egg yolks, beaten.

Turn into oiled mould, cover and steam for 2 hours. Unmould and serve.

CANARY PUDDING

- 3 ozs. butter
- 4 ozs. sugar
- 2 eggs
- 4 ozs. flour
- $\frac{1}{4}$ teaspoon baking powder
- pinch of salt
- grated lemon rind
- milk, if necessary

Cream the butter and the sugar until light and fluffy. Add the eggs one at a time, beating well after each addition. Sift the flour, baking powder and salt and add the lemon rind and fold all into the creamed mixture. Add milk if the dough is very stiff. Put the mixture into a greased mould or basin. Cover with a lid or greaseproof paper and steam for $1\frac{1}{2}$ hours. (The batter should have a dropping consistency.)

VARIATIONS:**SYRUP PUDDING**

Put 2 tablespoons golden syrup into the greased basin before adding the pudding mixture.

LEMON OR ORANGE

Add a little lemon or orange juice in addition to the rind.

CHOCOLATE

Sift 1 oz. cocoa into the dry ingredients and add a little extra liquid.

GINGER

Add 2 ozs. chopped preserved ginger to the dry ingredients.

SOUFFLE ROTHSCHILD

- 3 peaches, peeled and sliced, and strawberries, sliced
- 2 slices pineapple
- 2 liqueur glasses kirsch or Cointreau or Van der Hum
- sugar to taste
- 3 yolks
- 1 tablespoon sugar
- 2 tablespoons whipped cream
- 4 egg whites

Slice the fruit. Pour over the liqueur and sprinkle with sugar to taste. Leave for 1 hour. Separate the eggs, cream the yolks with a tablespoon sugar and add 2 tablespoons of juice from the fruit, and the cream. Whip whites until firm and fold into the mixture. Lightly butter and sugar a souffle mould and tie a band of buttered paper round it. Pour a third of the mixture in the mould. Lay half the fruit, lightly drained, over the top, and cover with another third of the mixture. Finish with the remaining fruit and batter. Cook in a 375 oven for 15 minutes. After 12 minutes dredge with icing sugar and put back for a few minutes to caramelize. Remove paper and serve.

HOLIDAY PLUM PUDDING

- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon allspice
- $\frac{1}{2}$ teaspoon cloves
- $\frac{1}{3}$ teaspoon cinnamon
- $\frac{3}{4}$ cup syrup
- $\frac{3}{4}$ cup water
- $\frac{1}{3}$ cup shortening or butter
- 3 eggs
- 1 teaspoon bicarbonate soda
- 1 teaspoon baking powder
- 2 tablespoons rum
- 1 cup dried currants
- $1\frac{1}{2}$ cups chopped raisins
- $\frac{3}{4}$ cup chopped dried figs
- $\frac{1}{2}$ cup chopped dates or candied fruit
- $\frac{1}{3}$ cup sliced citron
- $\frac{1}{4}$ cup sliced candied peel

Sift together the flour, salt and spices. Measure into a quart-sized saucepan the syrup, water and butter. Heat to boiling point. Beat eggs and with a rotary beater gradually beat in the hot syrup mixture. Return to the saucepan. Gradually beat in the flour and spices. Cook and stir vigorously over low heat until the mixture forms a smooth ball which leaves the bottom and sides of the pan clean. Cook 5 additional minutes, stirring constantly. If lumps form at this stage, don't worry, they will smooth out. Remove from the heat. Add bicarbonate of soda and baking powder and mix well. Stir in the rum and remaining ingredients. Spoon mixture into well-oiled moulds, filling them threequarters full. Store, covered, in a cool place until ready to serve. Just before serving, steam for 1 hour in a covered pot containing hot water. The advantage of this pudding is that it doesn't have to be steamed for a very long time.

CHERRY PUDDING

- 3 cups milk
- $\frac{1}{2}$ cup sugar
- 3 eggs
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ teaspoon salt
- 1 lb. fresh cherries, pitted or canned cherries drained of their juice

Heat the milk and allow it to cool. Beat the sugar and eggs together. Add flour, a little at a time, stirring constantly to keep smooth. Add the salt. Beat the milk in slowly and see that there are no lumps. Add the cherries and mix thoroughly. Pour into a well-buttered Pyrex dish and bake at 325 for about 25 minutes.

TIPSY CREAM

- 1 egg
- $\frac{1}{2}$ cup sifted icing sugar
- 3-4 tablespoons rum or brandy
- $\frac{1}{2}$ cup cream, whipped

Beat egg until very thick and lemon-coloured, gradually beat in the sugar and then slowly the rum or brandy. Fold in the whipped cream and chill well.

CARAMELIZED PEARS

- 6 pears, peeled, cored and quartered
- 1 cup sugar
- $\frac{1}{2}$ cup butter
- 1 cup cream

Peel, quarter and core pears. In a shallow ovenproof dish place the fruit close together. Sprinkle sugar over them. Dot each quarter with butter. Bake in 475 oven for about 40 minutes. Baste with the syrup that forms. Remove pears from dish, pour in cream, stir well, return fruit, baste. Continue baking for another 5 minutes. Place pears in serving dish, spoon sauce over them. Serve hot.

DIMPAS DAMPAS

- 3 eggs
- 1 tablespoon sugar
- 2 heaped tablespoons flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup milk
- 4 green apples
- 2 tablespoons butter
- sugar, cinnamon
- 1 tablespoon lemon juice

Beat eggs until light. Sprinkle in sugar and continue to beat well. Add flour and salt alternately with the milk. Beat well until smooth. Peel, core and slice the apples. Fold into batter until well covered. Melt 1 tablespoon butter in a hot Pyrex dish. Pour in the batter and bake for 30 minutes in 400 oven. After the first 20 minutes of baking cover with an inverted pie dish and continue to bake for another 10 minutes. Remove from the oven and dot the pudding with butter. As soon as the butter has melted, sprinkle with a mixture of sugar and cinnamon. Sprinkle with lemon juice. Allow to cool slightly and serve warm.

APPLE DUMPLINGS

For 6 dumplings make the same amount of dough as for a 2-crust pie.

Peel and core 6 firm apples.

Roll out the pastry about $\frac{1}{8}$ in. thick and into 7 in. squares.

Place an apple on each square.

Prepare a syrup as follows:

Boil together for 3 minutes:

- 1 cup sugar
- 2 cups water
- 3 tablespoons butter
- $\frac{1}{4}$ teaspoon cinnamon

Fill apple cavities with a mixture of:

- $\frac{1}{2}$ cup sugar
- $1\frac{1}{2}$ teaspoons cinnamon

And dot with:

- 1 tablespoon butter

Bring opposite points of pastry up over the apple. Overlap, moisten and seal. Place apple dumplings in an ovenproof dish and do not allow them to touch. Pour hot syrup around the dumplings. Bake in 450 oven for 40 minutes. Serve warm with the syrup and, if you like, cream.

STEWED APPLES

- 4 large apples or pears
- 4 tablespoons smooth apricot jam
- shredded orange rind
- 4 tablespoons sugar
- $\frac{1}{2}$ cup water and 1 tablespoon lemon juice

Make a syrup of the jam, rind, sugar, lemon juice and water. Boil for about 10 minutes. Peel and core the apples and poach them in the syrup. Keep them whole. Serve warm. (Stewed and baked apples must always be served warm, not hot.)

APPLE CRISP

- 6 tart apples
- 1 cup sugar
- $\frac{1}{4}$ teaspoon cloves
- $\frac{1}{2}$ teaspoon cinnamon
- 2 teaspoons lemon juice
- $\frac{3}{4}$ cup flour
- pinch of salt
- 6 tablespoons butter
- $\frac{1}{4}$ cup chopped nuts

Peel, core and slice apples into a bowl. Add $\frac{1}{2}$ cup sugar, the spices and the lemon juice. Mix lightly and pour into a buttered, deep Pyrex dish. Blend the remaining sugar, flour, salt and butter to a crumbly consistency. Add the nuts and sprinkle over the apple mixture. Bake in 375 oven for about 40 minutes. Serve with cream.

ALMOND AND APPLE PUDDING

- 8 large stewed apples
- 4 eggs
- pinch of salt
- $\frac{1}{4}$ lb. ground almonds
- $\frac{1}{4}$ lb. sugar

Beat yolks, sugar and salt for 15 minutes. Beat egg whites till stiff, then add to mixture and beat for a further 8 minutes. Add almonds to mixture and beat another 10 minutes. Place stewed apples in ovenware dish, and top with almond mixture. Bake at 350 deg. for 1 hour.

LEMON SOUFFLE

- 3 tablespoons butter
- 3 tablespoons flour
- $\frac{3}{4}$ pint milk
- $1\frac{1}{2}$ ozs. castor sugar
- rind of 1 lemon
- juice of lemon
- 3 egg yolks
- 4 egg whites

Melt the butter and add the flour. Stir and do not allow the mixture to brown. Add the milk slowly and stir until it boils. Draw aside from the heat and add sugar, rind and juice. Mix well. Add the yolks one at a time and beat well. Whip whites until stiff and fold into the mixture. Butter and sugar a souffle dish and bake in 375 oven for about 25 minutes. Serve at once.

RHUBARB AND GINGER COMPOTE

- 1½ lbs. rhubarb
- 1 cup sugar
- 1 cup water
- 2 tablespoons ginger syrup
- 2 tablespoons thinly sliced preserved ginger

Trim and cut rhubarb. Bring the sugar and water to the boil. Boil rapidly for 5 minutes. Add the ginger syrup. Take off the fire and add the rhubarb. Cover and cook very slowly for about 10 minutes. Arrange rhubarb in serving dish and scatter sliced ginger over it. Serve hot or cold.

KAISERSCHMARREN

Soak two-thirds cup raisins in a liqueur glass of brandy. Stir 4 tablespoons sugar into 5 egg yolks. Add 1 cup cream, stirring constantly and gradually add 2 cups flour. Stir until smooth. Fold in 5 stiffly beaten egg whites. Pour the mixture into a deep buttered baking dish and bake in 375 oven until it is golden and puffed. Melt 6 tablespoons butter in a frying pan. Tear the omelette into pieces with a fork and put the pieces into the pan with the raisins and 4 tablespoons sugar. Saute the pieces until they are coated with butter and sugar. Dust them with icing sugar and serve.

CREPES (PANCAKES)

- 2 cups flour
- 1 tablespoon sugar
- pinch of salt
- 4 eggs or 2 eggs and 2 egg yolks
- 1 pint milk, or half milk and half beer
- 3 tablespoons oil
- 2 tablespoons brandy

Beat the eggs. Add the milk, oil, brandy and sugar. Add the salt and stir in the flour. Put the mixture through a strainer so that there are no lumps. Add the oil. This is important because it saves you buttering the pan each time you make a pancake. Leave the mixture to stand for a few hours. If it becomes too thick, thin with milk.

VARIATIONS ON THE PANCAKE THEME
APPLE CREPES

Simmer 4 apples, peeled and sliced, with a little cinnamon, 4 tablespoons sugar and 4 tablespoons butter for about 15 minutes. Make the pancakes and stack them one on top of another. Place a little filling at end of the pancake and roll up. Brown in butter and sprinkle with cinnamon and sugar before serving.

CREPES ALASKA

Rub 4 lumps of sugar on an orange to absorb the flavour. Crush the sugar and cream with 3 tablespoons butter. Place 2 tablespoons butter in a frying pan and add 1 tablespoon lemon juice, 1 liqueur glass Van der Hum, 1 liqueur glass Curacao and 1 liqueur glass of brandy. Add the juice of the orange. Place a crepe on a plate. Top each crepe with a scoop of vanilla ice cream. Cover with another crepe and spoon the hot sauce over it. Sprinkle with chopped nuts. Repeat this process until all your guests are served.

APRICOT CREPES

Drain the juice from a small tin of apricots. Put the apricots through a strainer. Place a small quantity of puree at the edge of a crepe and next to it place an equal quantity of pastry cream. Roll up the crepes. Make a sauce by melting ¼ lb. butter in a saucepan. Add 1 cup brown sugar. Add the rind and juice of a lemon and 1 cup orange juice. Add 2 or 3 liqueur glasses of fruity liqueurs. Pour half the sauce in an ovenproof casserole. Place the rolled crepes in the sauce and pour the remaining sauce over these. Warm in a 350 oven for about 15 minutes. Pour over them ½ cup hot brandy and flame. This is an outstanding sweet.

CREPES SUZETTE

Cream ¼ lb. butter with 2 ozs. icing sugar. Add the rind of 1 orange and 1 tablespoon grated lemon rind. Now add the juice of the orange and 4 tablespoons Van der Hum or Cointreau. Make the crepes using half the basic recipe. When ready to serve: heat orange-flavoured butter in a hot chafing dish for 5 minutes. Dip each cooked and folded crepe into the sauce. The crepe must be folded into quarters. As it is heated, push to the side. Use up all the crepes and sprinkle with sugar. Heat 4 tablespoons brandy with 2 tablespoons Van der Hum. Pour over the crepes and light.

WINE CUSTARD

Place in the top of a double boiler over hot but not boiling water:

- 2 cups dry white wine
- ½ cup water

Add:

- 4 unbeaten eggs
- ½ cup sugar

Beat these ingredients vigorously with an egg beater. Cook the custard until it thickens. Serve hot or cold.

PLUM DUMPLINGS

Place 6 hot boiled potatoes on to a pastry board and add 2 cups flour and a pinch of salt. Make a well in the centre and add 1 egg and work the ingredients into a soft, light dough. Roll out the dough ¼ in. thick, cut into 2½ in. squares and fold each square around a small pitted plum or apricot. Smooth into a rounded ball and simmer in salted water for 15 minutes. Remove with a slotted spatula and serve with crumbs fried in butter and sprinkled with sugar.

ZABAGLIONE

- 6 egg yolks
- 6 tablespoons sugar
- ¾ cup marsala or sherry

Beat the yolks and gradually add, while beating, the sugar and the wine. Place the mixture over boiling water and whip vigorously until the custard foams up in the pan and begins to thicken. Serve warm in glasses or as a sauce. Do not allow it to stand.

FRIED CREAM

- 2 cups cream
- 1 tablespoon liqueur
- $\frac{1}{4}$ cup sugar
- 3 egg yolks
- 4 tablespoons Maizena
- 4 tablespoons milk
- $\frac{1}{2}$ cup grated almonds
- 1 cup breadcrumbs
- 1 whole egg, beaten
- $\frac{1}{4}$ cup rum or other liqueur

Combine cream, rum, sugar and if you have it, a small cinnamon stick or vanilla bean, in the top of a double boiler and bring to the boiling point. Do not boil. Beat the egg yolks very well and pour 1 cupful of hot cream over them, stirring. Pour this mixture back into the double boiler. Make a smooth paste of the Maizena and milk and add this to the warm custard. Stir until the cream is thick and smooth. Remove from heat. Take out the cinnamon stick or the vanilla bean and pour the cream into a buttered dish to a depth of about $\frac{3}{4}$ in. When it is very cool turn it out on to a board. Cut it into squares and roll in grated almonds. Dip the squares into beaten egg and roll them again in breadcrumbs. Chill again for an hour at least. Fry the squares in deep fat. Pour over heated rum and light.

BUTTERSCOTCH BREAD PUDDING

- 3 slices white bread
- 1 tablespoon soft butter
- 1 cup brown sugar
- 3 eggs
- 1 cup evaporated milk, undiluted
- pinch of salt
- $\frac{1}{2}$ teaspoon vanilla

Trim crusts from bread. Spread with butter and cut into $\frac{1}{2}$ in. squares. Butter top section of double boiler. Pour in brown sugar. Add bread cubes. Beat eggs with remaining ingredients and pour over bread cubes. Don't stir. Cover and cook over boiling water for 1 hour. Keep on adding water to bottom section of the double boiler if necessary. Serve warm.

BANANAS IN ORANGE BUTTER

- 6 bananas, quartered lengthwise
- $\frac{1}{4}$ lb. butter
- $\frac{1}{4}$ cup sugar
- 2 tablespoons lemon rind
- 2 tablespoons grated orange rind
- $\frac{1}{4}$ cup orange juice
- 2 tablespoons lemon juice
- 4 tablespoons Van der Hum
- 1 tablespoon brandy

Melt butter in a saucepan. Stir in the sugar and cook until the sugar is dissolved. Add fruit juice and rinds and cook over a low flame for 5 minutes. Remove from heat and add Van der Hum and brandy. Pour the mixture into a Pyrex dish. Lay the bananas in the sauce and bake them in 375 oven for about 15 minutes. This dish can also be made at the table in a chafing dish.

FRIED SPANSPEK

- 1 large spanspek (Cantaloupe)
- 4 tablespoons icing sugar
- $\frac{1}{4}$ cup peppermint liqueur
- $\frac{1}{4}$ cup flour
- 1 cup dry white wine
- 2 tablespoons melted butter
- 1 egg white, beaten stiff
- deep fat for frying

Peel the melon and quarter it. Remove seeds. Cut into $\frac{1}{2}$ in. slices. Sprinkle with icing sugar and pour peppermint liqueur over them. Chill for a few hours. Combine flour, wine and melted butter. Beat to a smooth paste. Fold in the beaten egg white. Dip melon slices into the batter and fry in the deep fat. Keep turning until light brown. Drain on brown paper. Sprinkle with icing sugar and a little nutmeg. Serve at once.

NUT PANCAKES

- 2 eggs
- 1 egg yolk
- $\frac{1}{2}$ cup sugar
- 2 teaspoons grated lemon rind
- $\frac{3}{4}$ cup ground walnuts or pecan-nuts
- 3 tablespoons sifted flour
- 3 tablespoons brandy
- $\frac{1}{4}$ lb. butter
- $\frac{1}{4}$ cup sifted icing sugar
- whole strawberry jam

Beat the eggs and egg yolk in a bowl. Add the sugar and beat till light. Add the lemon rind, nuts and flour and beat till well mixed. Add the brandy, mix well. Melt half the butter and add to the nut mixture, mixing lightly.

METHOD I

Melt a small piece of the remaining butter in a 7 in. frying pan. Pour 1 tablespoon of the mixture into it and turn the pan from side to side to coat the bottom. Make the pancakes as thin as possible. Bake over low heat till lightly browned on both sides, remove from pan, smear lightly whole strawberry jam and roll up immediately. Repeat till all the batter has been used.

METHOD II

Melt the remaining butter in a baking pan. Pour into the pan by the tablespoon, batter to form small circles. Bake in a 450 deg. oven for 5 minutes, or until browned, turn and bake for another 3 minutes or till other side is browned. Remove from pan, smear with jam and roll up immediately.

These pancakes are best served hot together with cold Topsy Cream which should be handed round in a small bowl, each guest placing a dollop on top, or next to his pancakes.

SALZBURGER NOCKERLN

- 3 ozs. butter
- 5 egg whites
- 4 egg yolks
- 1 tablespoon flour
- icing sugar

Melt the butter in a pan over low heat. Whip the whites very stiffly and stir in the yolks very carefully with the flour. Turn up the flame so that the butter foams. Do not let it get brown. Carefully drop the egg mixture into the butter in large pointed mounds. The bottom of the mixture will begin to set in a minute. Transfer the whole dish to the hot oven until the tops of Nockerln are browned. About 3 minutes in 450 oven. Dust with icing sugar and serve at once.

ALTERNATIVE METHOD FOR SALZBURGER NOCKERLN

- 4 egg yolks
- $\frac{1}{4}$ cup flour
- 8 egg whites
- $\frac{3}{4}$ cup sugar
- 1 teaspoon vanilla
- 3 tablespoons butter

Beat the yolks until very light and creamy. Add the flour and stir until smooth. Beat the whites very stiff and add the sugar and vanilla. Heat 3 tablespoons butter in an 8 in. frying pan until it bubbles but does not brown. Tilt and roll the pan to coat the bottom and sides with butter. Fold the whites and yolks together and turn the mixture into the pan. Divide it into sixths with a spatula and saute it for a minute or two, only long enough to cook the underside lightly. Place the pan in a slow oven (275) and bake the nockerln until the tops are golden, about 10 minutes. Dust with icing sugar and serve at once.

MATZO KUGEL

- 3 matzos soaked in 1 cup warm water
- 6 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ cup sultanas
- $\frac{1}{2}$ cup chopped almonds
- 2 cups diced apple slices
- grated rind of 1 lemon and 1 orange
- Cinnamon-sugar mix ($\frac{3}{4}$ teaspoon cinnamon mixed with 1 tablespoon sugar)
- $\frac{3}{4}$ cup melted butter or fat

Crumble matzos into water and soak until soft; squeeze out all excess moisture. Beat eggs. Add sugar, salt and cinnamon. Beat until well blended. Stir crumbled matzos, raisins, almonds, apples and rind into the egg mixture. Place in a well-greased deep Pyrex dish. Sprinkle with cinnamon-sugar mixture and pour melted butter or fat over the mixture. Bake in 375 oven until firm. This should take about 40 minutes.

BAKED QUINCES

- 6 quinces
- 3 tablespoons sugar
- 12 orange slices
- 2 tablespoons butter

Select ripe fruit. Wash, peel and remove cores. Place quinces cut side up in greased baking pan. Place skins and cores in saucepan. Add sugar and orange slices. Cover with boiling water and boil 20 minutes. Strain. Pour over quinces. Cover baking tin and bake in moderate oven for about 2-2½ hours. Uncover, dot each quince with butter, increase oven temperature to 450 and brown for a further 5 minutes.

OATMEAL PEACH CRUMBLE

- 2 cups sliced, canned peaches
- 2 tablespoons lemon juice
- $\frac{1}{4}$ teaspoon cinnamon
- 1 tablespoon butter
- $\frac{1}{4}$ cup melted butter or oil
- $\frac{1}{4}$ cup brown sugar
- $\frac{3}{4}$ cup flour
- pinch of salt
- $\frac{1}{4}$ teaspoon bicarbonate of soda
- $\frac{3}{4}$ cup quick-cooking oatmeal
- $\frac{1}{2}$ teaspoon vanilla

Arrange peaches in greased baking dish. Sprinkle with lemon juice and cinnamon and dot with butter. Combine melted butter or oil with brown sugar. Sift flour, salt and soda together and mix with the oatmeal. Blend with the sugar mixture, crumbling well. Add vanilla. Spread over the peaches and bake. Serve with warm custard. Bake in 375 oven for 40 minutes.

PEACHES STUFFED WITH ALMONDS

- 12 fresh or canned peach halves
- 1 tablespoon orange or citron peel
- 2 ozs. shelled and toasted almonds
- 3 ozs. icing sugar
- $\frac{3}{4}$ cup dry sherry

Peel, pit and halve peaches. Chop almonds. Add half the sugar. Mix well. Add orange peel. Fill peach halves. Place in baking pan. Sprinkle with rest of sugar. Pour in sherry. Bake in 375 oven for 10 minutes. Serve warm.

CARAMEL FRIED FRUIT

- 3 cups fruit, peeled and cut into good-sized pieces (use pineapples, pears, apples, bananas or whatever fresh fruit available)
- $\frac{1}{4}$ lb. butter
- 1 cup sugar
- juice of 1 lemon
- liqueur

Let butter become hot in frying pan. Fry a little fruit at a time, beginning with the fruit which is firmest. Sprinkle with brown sugar and lemon juice. Pour 1 liqueur glass of liqueur over the fruit and serve at once with cream.

Cold Puddings

CARAMEL CUSTARD

- $\frac{3}{4}$ cup sugar
- 2 eggs
- 2 egg yolks
- 2 cups milk, scalded
- 1 teaspoon vanilla

Preheat oven to 375.

Heat $\frac{1}{2}$ cup sugar slowly in a heavy iron frying pan, stirring constantly with a wooden spoon until the sugar melts and turns a light caramel in colour. Pour this syrup into a Pyrex dish which you have warmed in the oven. Beat the eggs and the yolks with $\frac{1}{4}$ cup sugar and a pinch of salt. Add the milk slowly and stir. Add the vanilla. Take off any bubbles that may form with a spoon. Pour the mixture into the Pyrex dish placed in a large pan of hot water. Bake in 375 oven for about 1 hour or until a knife inserted in the centre comes out clean. Don't insert the knife too deeply or you will crack the custard. Remove from oven. Take the dish out of the water and cool. Chill and turn out of the dish by running a knife around the edge of the custard and turning upside down on to a large plate. Do not garnish with anything at all. This seems to be every man's most favourite dessert.

ENGLISH TRIFLE

- 4 yolks
- 1 cup milk
- 1 cup cream
- 1 teaspoon vanilla
- pinch of salt
- sponge cake cut into finger slices and spread with jam
- 2 cups cream
- $\frac{1}{2}$ cup icing sugar
- 12 blanched almonds
- 12 maraschino cherries

Make a custard in a double boiler with the above-mentioned ingredients. Stir until the custard coats a spoon.

Bake a sponge cake and split into 2 layers or use a stale swiss roll cut into $\frac{1}{2}$ in. slices. Cut the layers of sponge cake into finger-length pieces. Spread each with jam and sprinkle with $\frac{1}{2}$ cup sherry and $\frac{1}{2}$ cup brandy. Divide the fingers of cake and put half in the bottom of a deep glass bowl. Cover them with half the custard. Whip the cream until stiff and sweeten with the icing sugar. Flavour with vanilla. Cover custard with half the whipped cream. Top with second half of sponge cake and the remaining custard. Place the second half of whipped cream on top. Decorate with the almonds and the cherries.

CREME AU CHOCOLAT

- 3 egg yolks
- $\frac{1}{4}$ cup icing sugar
- 3 ozs. bittersweet chocolate
- 3 tablespoons water
- $\frac{1}{2}$ teaspoon instant coffee
- 2 teaspoons rum
- 1 cup cream, whipped
- 1 teaspoon vanilla
- $\frac{1}{4}$ cup chopped almonds

Beat the yolks with the sugar until very light in colour. This is best done in the electric mixer. Melt the chocolate in the top of a double boiler with 3 tablespoons hot water. Stir until smooth. Add the instant coffee and the rum. Cool. Whip the cream until thick. Pour chocolate into yolks and blend thoroughly. Fold in cream and add vanilla. Put into a glass bowl or individual glasses. Chill for a few hours. Sprinkle the nuts on top of the pudding before serving.

CREME BRULEE

- 3 cups cream
- 6 tablespoons sugar
- 6 egg yolks
- 2 teaspoons vanilla
- $\frac{1}{2}$ cup brown sugar

Heat the cream over boiling water and stir in the sugar. Beat the yolks until light and thick and pour the hot cream over them. Stir in the vanilla. Stir until well blended and pour the mixture into a baking dish. Place the dish in a pan containing about 1 in. hot water and bake until a knife comes out clean (approximately 40 minutes in 325 oven). Remove from oven and chill very well. Before serving cover the surface with brown sugar. Put the dish on a bed of cracked ice and place it under the griller until the sugar is melted. Watch this process very carefully so that the sugar does not burn. Chill again until cold.

APRICOTINA

- 4 cups stewed apricots
- $\frac{1}{4}$ lb. butter
- 3 tablespoons sugar
- 4 eggs
- 2 tablespoons brandy

Set aside 8 good-looking apricots and 6 tablespoons apricot juice. Press the remaining apricots through a sieve or blend in the liquidiser. Heat this pulp in a saucepan. Add the sugar, butter and the well-beaten egg yolks. Stir to a thick smooth cream. Do not allow to boil. Set aside and chill. Beat the whites and fold into the apricot mixture. Pour into a greased 2 quart Pyrex dish to three-quarters height of the dish. Cover the top with aluminium foil and seal securely. Place in a pan of hot water and steam in 375 oven for about 50 minutes. Remove from oven and allow to cool. When completely cool invert on serving dish. Decorate with apricot juice and brandy and the 8 apricot slices. Chill well.

RICE PUDDING

- 1 tablespoon rice
- 1 dessertspoon sugar
- 1 pint milk

Butter a Pyrex dish, put the rice and sugar at the bottom. Pour on the milk and stir and place in 325 oven. Cook for about 3 hours. To serve cold, remove the skin, dredge with sugar and a little grated nutmeg and put under the griller to melt the sugar. You may also add a teaspoon vanilla to the milk.

FRENCH FRESH FRUIT COMPOTE

- 4 lbs. any fresh fruit and berry combination
- 1 cup water
- $\frac{1}{2}$ cup sugar
- pinch of salt
- 1 in. stick of cinnamon
- 1 in. piece vanilla bean or 1 teaspoon vanilla
- 1 piece of lemon rind, minced or 1 teaspoon finely grated rind
- 2 tablespoons jam

Wash all the fruit and berries and drain them well. You may peel and pit the fruit if you like.

In a large saucepan boil the water, sugar and salt, uncovered, for 10 minutes. Add the cinnamon, vanilla and lemon rind. Add the fruit, starting with the fruit which cooks the longest. Allow it to come to the boil and then add the next fruit and finally the berries. Do not allow the berries to cook for more than 5 minutes. Remove from fire and discard the cinnamon and vanilla. Melt the jam in the hot fruit. Taste and add more sugar if necessary. The fruit should be barely tender. Let it cool and chill for 3 or 4 hours.

ORANGE SURPRISE

- 4 large navel oranges
- $\frac{1}{2}$ pint vanilla ice cream
- $\frac{1}{2}$ pint sherbet
- 1 cup fresh fruit salad (orange segments, grapes, bananas or whatever you like)
- 2 tablespoons Cherry Heering
- $\frac{1}{4}$ cup finely grated chocolate
- 1 tablespoon chopped maraschino cherries
- 1 tablespoon toasted chopped almonds
- meringue, made from 1 egg white and 2 tablespoons sugar

With a sharp knife, remove the top quarter of the orange. Remove sections carefully so as not to harm the peel. Alternate vanilla ice cream and orange sherbet in the shell until half full. Freeze until ready to serve. Prepare fruit salad and mix with liqueur. When ready to serve, spoon fruit into shell. Sprinkle finely chopped chocolate over fruit. Cover top with meringue. Sprinkle the meringue with a little sugar. Place on a baking tin under the pre-heated griller. Decorate with cherries and almonds.

SWEDISH RUM FRUIT

- 1 cup prunes
- 1 cup dried apricots
- 1 cup dried peaches
- $\frac{1}{2}$ cup sultanas
- peel of 1 lemon
- 1 in. cinnamon stick
- 1 cup red wine
- 1 cup water
- 3 tablespoons sugar

Bring liquids and sugar to the boil. Boil 5 minutes. Add the lemon peel and the cinnamon stick and boil for another 5 minutes. Add the fruit and boil until soft. Take off the fire and add $\frac{1}{4}$ - $\frac{1}{2}$ cup rum.

FRESH PEACHES

Boil together 1 cup sugar with 1 cup water. When this becomes syrupy, take it off the fire and add the juice of $\frac{1}{2}$ lemon. If you like add a little liqueur, about 1 tablespoonful. Kirsch is delicious with fruit. Now place about 8 peaches into boiling water for a few seconds and peel them. Slice the peaches into the syrup. Cool and then chill for a few hours. You can vary this sweet by slicing the peaches into 1 cup port wine. Sweeten to taste.

PEARS CONDE

- 4 large pears, peeled and quartered
- 1 cup water
- 1 cup sugar
- 1 teaspoon vanilla or a vanilla bean
- $\frac{1}{2}$ cup rice
- 2 cups milk
- $\frac{1}{2}$ cup sugar
- 3 egg yolks
- $\frac{1}{4}$ cup chopped glace fruit soaked in 4 tablespoons maraschino

Boil together for 5 minutes 1 cup sugar and 1 cup water. Poach the pears in the syrup for about 5 minutes. Chill them.

Mix the milk, $\frac{1}{2}$ cup sugar and vanilla in a pot and bring to the boil.

Pour in the rice and cook until it is tender. Remove from heat. The rice must be dry and not mushy.

Beat the yolks until light and foamy and stir them into the cooked rice. Mix in the chopped fruits and finally the maraschino. Press the rice mixture into a Pyrex dish and then unmould it immediately on to a plate. Place the chilled pear slices around the rice mound. Serve hot or cold with cider sauce:

- 1 cup cider or apple juice
- $\frac{3}{4}$ cup sugar
- 2 tablespoons lemon juice
- 1 tablespoon butter

Combine ingredients and boil for 5 minutes.

ZUPPA INGLESE

- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup flour
- pinch of salt
- 2 cups hot milk
- 4 egg yolks
- $\frac{1}{2}$ cup rum
- $\frac{1}{2}$ teaspoon vanilla
- 2 tablespoons creme de cacao or other liqueur
- 2 sponge cake layers split in half
- 1 cup cream, whipped
- 2 tablespoons chopped glacé fruits

Mix the sugar, flour and salt in the top of a double boiler. Add the milk gradually. Stir all the time. Cook until thick. Beat the yolks until blended. Add part of the milk mixture to the yolks and then return to the hot mixture in the pot and cook over boiling water. Stir until thick. Cool and chill.

Divide the mixture into 3 parts. Add 1 tablespoon rum to 1 part, vanilla to the second and creme de cacao to the third.

Sprinkle the 4 layers of sponge with the remaining rum. Spread the custard mixtures between the layers. Chill overnight in the refrigerator. Just before serving spread whipped cream over the tops and sides of the cake and sprinkle with the chopped candied fruits.

CHARTREUSE DE POMMES

- $1\frac{1}{4}$ cups sugar
- $\frac{3}{4}$ cups cold water
- juice of $\frac{1}{2}$ lemon
- 2 lbs. Granny Smith apples
- $\frac{1}{2}$ cup chopped glace fruit

Dissolve the sugar in the water and add the lemon juice. Bring to the boil and boil for 5 minutes. Take off the stove. Peel, core and quarter the apples and slice them into the syrup. Cook slowly for about 10 minutes. Cut the glace fruit into small pieces and add them to the cooked apples. Pour the mixture into a glass bowl and leave to get cold. Melt 2 tablespoons apricot jam with 2 tablespoons orange juice. Add 1 tablespoon liqueur and pour over the apples.

FIGS ROMANOFF

- 2 lbs. fresh figs
- 2 tablespoons Van der Hum or orange juice
- 1 pint vanilla ice cream
- 1 cup cream, whipped and slightly sweetened
- grated chocolate

Peel figs and cut in halves. Arrange in a dish and sprinkle with liqueur or orange juice. Chill. In another bowl mix ice cream with whipped cream. Fold in figs, sprinkle with grated chocolate and serve at once.

STRAWBERRY SNOW

- 2 cups strawberries, cleaned
- 2 egg whites
- sugar
- $\frac{3}{4}$ cup cream

Crush the strawberries. Beat the egg whites with 2 tablespoons sugar to make a soft meringue. Whip the cream. Add the strawberries to the meringue and fold in the whipped cream. Pile into individual serving glasses. Garnish with whole strawberries.

STRAWBERRIES A LA CREOLE

Cut off the top part of a pineapple. Through the opening, scoop out the flesh without damaging the outside. Cut out the core of the fruit. Cut remainder of the fruit into small dice. Dredge with sugar, sprinkle with kirsch or any other liqueur. Mix with strawberries. Let them soak for a few hours in refrigerator.

SAVARIN WITH STRAWBERRIES

- 1 packet yeast
- $\frac{1}{4}$ cup warm water
- $\frac{1}{4}$ cup milk
- 6 ozs. butter
- 2 tablespoons sugar
- $\frac{3}{4}$ teaspoon salt
- 4 eggs
- 2 cups flour

Dissolve yeast in warm water. Heat milk to boiling and add butter. Stir until butter melts and add sugar and salt. Let cool to lukewarm.

In a large bowl beat eggs and add the yeast mixture, then the milk mixture (this can be done in the electric mixer). Gradually beat in flour, mixing until batter is smooth. Pour batter into a well-buttered Savarin or ring mould. Allow it to rise in a warm place until doubled. Bake in 400 oven for about 35 minutes. While the Savarin is baking make the syrup. With a fork, prick surface of the cake while it is still in the pan. Turn out and prick the top. Baste several times with the syrup until the cake is thoroughly soaked. To serve, fill centre with sliced strawberries. Place dollops of whipped cream over the cake.

SYRUP

- 2 cups sugar
- 1 cup water or tea
- juice of 1 lemon
- $\frac{1}{2}$ cup rum

In a small pot combine sugar, water or tea and lemon juice. Bring to the boil and cook for about 6 minutes. Remove from heat and add rum.

BABA AU RHUM

Just before turning the batter into the tin add $\frac{1}{2}$ cup sultanas and $\frac{1}{2}$ cup currants dusted with 1 tablespoon flour. Mix well so that fruits are evenly distributed. Then proceed as in the previous recipe. Fill the centre with stewed and drained apricots. Rum and apricots have a natural affinity.

KAISERHOF PEARS

- 4 large fresh pears
- $\frac{1}{2}$ cup sugar
- juice and peel of 1 lemon
- 1 stick cinnamon
- 3 whole cloves
- 4 ozs. cream cheese
- 3 tablespoons milk
- 8 tablespoons cherry jam

Slice the pears in half, taking care to slice through the stem so that each half has a stem. Scoop out the seeds and the centre. Peel. Slice a little off the back of the pear so that it will lie flat. Place the pears in a shallow pan. Cover with water. Add sugar, lemon juice and peel, cinnamon and cloves. Cover and cook over low heat until pears are tender. Mix cheese and milk until creamy. Remove pears from water and place in a shallow greased baking dish, hollowed-centred side up. Fill each centre with a tablespoon jam. Cover with cheese. Bake in 425 oven for 12 minutes. Serve hot or cold.

RHUBARB FOOL

- 6 cups rhubarb, chopped small
- 2 cups sugar
- 2 tablespoons fruit liqueur
- 2 cups cream, whipped

Boil the rhubarb until it is soft. Force it through a sieve or place it in the liquidiser. Combine with the sugar and cook for about 10 minutes over low heat. Allow to cool thoroughly. Stir in the liqueur. Fold in the whipped cream and chill very well before serving.

GUAVA FOOL

- 6 cups ripe guavas
- 1 cup sugar
- 1 cup orange juice
- 1 cup water
- 2 tablespoons Van der Hum
- 2 cups cream, whipped

Peel the guavas. Quarter them. Combine the guavas, sugar, orange juice and water and cook until the fruit is very soft. Force through a strainer. Allow to cool. Stir in the liqueur. Fold in the whipped cream and chill for several hours.

ORANGE COMPOTE

- 8 oranges
- 3 cups sugar
- 2 cups water

Peel the oranges very finely, being careful not to take any pith with the skin. Cut this peel into very fine strips. Bring the sugar and the water to the boil and add the peel. Cook this syrup until it is fairly thick. Place in it the sliced oranges, again being careful that there is no white pith on the oranges. Boil for about 5 minutes. Cool and then place in refrigerator for a few hours until very cold. You may add a little fruity liqueur before serving.

ORANGE SLICES IN CHILLED RED WINE

- $\frac{3}{4}$ cup sugar
- 1 cup water
- 1 cup red wine
- small bag containing 2 cloves, stick cinnamon, 2 slices lemon and 2 slices naartjie
- 6 large oranges
- orange peel

Dissolve the sugar in 1 cup water and 1 cup red wine. Boil, and when the syrup comes to the boil place in it the bag of spices. Boil the liquid until it is syrupy and just before removing from the fire take out the spice bag. Remove the skins from 6 large oranges. Remove all the membranes. Divide the oranges into segments and set them to soak in the syrup. Place the dish in the refrigerator until it is very cold. Serve with tiny slivers of orange and lemon peel floating on top.

ORANGE CREAM

- juice of 2 oranges
- juice of 1 lemon
- $\frac{3}{4}$ cup sugar
- 2 eggs, separated
- 1 tablespoon Van der Hum
- 1 cup cream
- 2 teaspoons grated orange peel

Boil the juices with the sugar until they form a thread (this takes a long time and you must not get impatient). Pour the syrup slowly over the well-beaten egg yolks, beating all the time. Cool. Fold the mixture into the well-beaten egg whites. Add the liqueur. Whip the cream until stiff and fold into the mixture with the orange peel. Put mixture into individual glasses and chill for a few hours. If you want to freeze the mixture for ice-cream, then put it into a freezing tray. If you like a marmalade toffee taste, then boil the peel with the juices and sugar.

PEACHES WITH SHERRY

- $1\frac{1}{2}$ tablespoons sugar
- 3 egg yolks
- $\frac{1}{3}$ cup sherry
- 8 large canned peach halves
- $\frac{2}{3}$ cup peach juice
- 2 tablespoons butter
- $\frac{1}{2}$ cup crushed macaroon crumbs
- 2 tablespoons sugar

Arrange peach halves in shallow dish. Pour juice around them. Put small knob of butter into each peach half. Fill halves with blend of crumbs and sugar. Bake about 20 minutes, basting with juice of peaches. When hot through, serve with chilled sauce as follows:

Prepare sauce about 1 hour before serving, so it can chill in the refrigerator. Beat egg yolks till light and frothy—gradually beat in $1\frac{1}{2}$ tablespoons sugar and sherry. Makes about 1 cup of sauce.

CONNAUGHT RICE PUDDING

- 2½ ozs. rice (2 tablespoons)
- 1¼ pints milk
- 1 teaspoon vanilla
- ½ cup cream
- 1 egg white
- sugar to taste
- toasted almonds

Wash rice, add to milk and vanilla. Simmer slowly until the rice is soft and creamy. Add more milk if necessary. Turn into a bowl to cool and sweeten to taste.

SAUCE:

- ½ lb. dried apricots, well soaked
- sugar to taste
- lemon rind
- sugar syrup
- kirsch

Simmer the apricots in the water in which they have been soaked. Add a strip of lemon peel and a little sugar to taste. Rub through a strainer or liquidise. If it is too thick add a little sugar syrup made by boiling ½ cup sugar with 1 cup of water and boiling for 5 minutes.

When the rice is cool fold in the whipped cream and finally the whipped egg white. Serve the sauce separately.

APRICOT RUSSE

- ½ pint fresh sweet cream
- 1 large tin canned apricots
- juice of 1 lemon
- tin with removable bottom
- 1 packet boudoir biscuits
- 1 tin condensed milk
- 1 egg white

Mash apricots through a strainer and mix strained apricots with condensed milk. Add lemon juice. Dip boudoir biscuits in egg white and line tin (standing the biscuits upright). Place a layer of apricot pulp in tin, then layer of whipped cream, then layer of pulp and finally layer of cream on top. Leave in refrigerator overnight. Before serving, loosen tin very carefully, leaving pudding standing on base of tin. Garnish with apricots.

COCONUT FLUFF

- 1 egg white
- 1½ teaspoons lemon juice
- 1 tablespoon syrup from canned peaches
- dash of salt
- 2 tablespoons sugar
- ¼ teaspoon grated lemon rind
- ⅓ cup shredded coconut
- 4 or more drained, canned peach or pear halves

Combine first 5 ingredients, place over boiling water and beat 4-5 minutes, or until the mixture stands in peaks. Remove from heat. Fold in rind and coconut. Cool. Serve either in individual glasses with the meringue heaped up in the peach halves, or in a big dish with the peaches resting on the meringue.

FRUIT SALAD ZABAGLIONE

- fresh or tinned fruit salad
- 1½ ozs. castor sugar
- 3 egg yolks
- 3 dessertspoons marsala or sherry
- a little lemon rind

Prepare the drained fruit and put into sundae glasses. Make sauce as follows: Beat thoroughly egg yolks and castor sugar, adding a little grated lemon rind. Put into a double boiler or in a basin over hot water on low heat. Beat continually and slowly, add the marsala or sherry, a little at a time. Continue beating until mixture thickens. Pour over the fruit salad.

VANILLA MOUSSE

- 3 egg whites
- 3 tablespoons condensed milk
- ½ pint cream
- 1 dessertspoon vanilla essence

Whip egg whites. Beat cream separately and add condensed milk to cream. Stir thoroughly. Add vanilla essence — fold in beaten egg whites — freeze till firm. Can be varied by adding glace cherries or ½ cup grenadilla pulp.

APPLE CREAM ROLL

- ½ pint cream
- 2 ozs. cherries
- 1 tin pie apples or 4 large stewed apples
- 1 packet sponge biscuits
- 1 oz. pecan nuts

Rub the apples through a sieve and sweeten well. Beat cream until thick. Crush biscuits to fine crumbs, and chop cherries and nuts. Fold apple puree into cream, stir in cherries, nuts and crumbs and blend well. Shape into a roll, coat with chopped nuts and cover with aluminium foil. Chill until firm and serve a thick slice with either custard or cream. This dessert keeps well in the refrigerator.

LEMON DELIGHT PUDDING

Place 1 cup orange juice, ½ cup lemon juice and rind of orange (grated) in pot and bring to boil. In another dish mix 1½ tablespoons Mazina with a little cold water to a thin paste. Add this to the boiling juice. Stir constantly until it thickens. Then place in a dish of cold water to cool. Beat 3 egg yolks with 1 cup of sugar till thick and creamy. Add cooked orange mixture. Beat well with beater. Beat 3 whites of eggs very stiffly and fold into mixture lightly with spoon. Set in fridge.

JELLY CREAM

- 1 packet apricot jelly
- 1 cup hot water
- 1 tin unsweetened Ideal milk

Dissolve jelly in hot water and put aside to cool. When it is just about to set, stir in the Ideal milk. Whip up till light and frothy. Pour into a glass dish and place in cool place to set. May be served with fruit.

GRENADILLA PUDDING

- 1 packet orange jelly
- 1 cup boiling water
- pulp of 12 grenadillas
- 1 tablespoon sugar
- 2 egg whites
- unstrained juice and grated rind of 1 orange

Dissolve packet of jelly in cup of boiling water. Add grated rind and juice of one orange. Add sugar. When nearly set, add pulp of 12 grenadillas and egg whites which have been stiffly beaten. Beat all well together and set in mould.

STRAWBERRY CHIFFON PIE

- 1 tray fresh strawberries
- $\frac{3}{4}$ cup sugar
- 1 teaspoon lemon juice
- 1 packet finger biscuits ($\frac{1}{4}$ lb.)
- 4 eggs
- 1 packet strawberry jelly
- $1\frac{1}{2}$ cups boiling water

Line a deep pie dish with finger biscuits and strawberries. Dissolve jelly in $1\frac{1}{2}$ cups boiling water. Allow to cool. Separate yolks from whites. Beat the egg yolks with half the sugar until the yolks look like a sponge mixture. Add lemon juice to this and steam over a double boiler for 5 minutes. Add this to the jelly. The rest of the sugar is added to the egg whites and beaten to a frothy meringue. Fold this into the cool jelly mixture and pour over the finger biscuits. Chill for one hour. Decorate with strawberries.

CHOCOLATE MOUSSE

- $\frac{1}{2}$ lb. Bournville or plain chocolate
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup water
- 5 eggs, separated
- 1 teaspoon vanilla
- 1 liqueur glass rum or Tia Maria (optional)

Melt the chocolate over hot water with the sugar and the water. Stir until smooth. Beat 5 yolks very, very well, preferably in electric mixer. Pour the chocolate mixture over the egg yolks and stir until well blended. Flavour with vanilla and liqueur. Beat the 5 whites until they are stiff but not dry. Fold into the egg-yolk mixture. Pour into a glass bowl and allow to stand in refrigerator for a few hours.

CHOCOLATE CREAM POTS

- 1 lb. Bournville or plain chocolate
- 2 cups milk
- 6 egg yolks
- whipped cream and cinnamon for decorating

Melt chocolate in the top of a double boiler. Stir in milk slowly until mixture reaches boiling point. Beat the yolks very well. Add the chocolate mixture to the yolks, beating all the time. Pour into custard cups and chill.

BAVARIAN CREAM

The basis of a bavarian cream is a boiled custard:

- 1 tablespoon gelatine softened in 2 table-
- spoons cold water

In the top of a double boiler combine:

- 4 yolks
- $\frac{1}{2}$ cup sugar

Beat until smooth and creamy and gradually add 1 cup hot milk.

Stir until mixture coats a wooden spoon. Flavour with vanilla or liqueur and dissolve the gelatine in the hot custard. Cool the cream but do not let it solidify. When it is cool fold in 1 cup cream, whipped. The cream may be flavoured with coffee, chocolate, ginger or any liqueur.

You can also add fruit or crushed berries to the custard. For every 2 cups of fruit, you must use an additional tablespoon of gelatine.

CHARLOTTE RUSSE

Double the bavarian cream recipe and pour it into a deep, loose-bottomed cake tin. When the pudding is just about to set, place ladyfingers cut to the height of the tin around the sides. If you try to put the biscuits in before the pudding has thickened, they will not stand up. Leave the pudding in the refrigerator for a few hours. Take off the side of the tin and leave the pudding on the bottom. Place it on a plate and for goodness' sake don't decorate it with violets and blue ribbons. That's what you call kitsch, not good cooking.

LEMON SPONGE

Dissolve 1 dessertspoon gelatine which has been soaked in 2 tablespoons cold water. Add 6 table-

spoons lemon juice. Beat 3 egg yolks until they are light and fluffy, together with 3 tablespoons sugar.

Add the lemon gelatine mixture to the yolk mixture and another 3 tablespoons sugar. Add the rind of 2 lemons. Fold in the beaten whites and allow to set in the refrigerator. You can vary this pudding by using orange or grenadilla juice. Adjust the sugar, using less for orange juice.

LEMON DESSERT

- 1 13 oz. tin evaporated milk
- 3 lemons, juice and rind
- 1 cup sugar
- 1 packet lemon jelly
- $\frac{3}{4}$ cup boiling water

Boil unopened tin of milk for at least 1 hour. Keep tin covered with boiling water. Chill overnight in refrigerator. Next day open tin and pour contents into a mixing bowl and beat until stiff. Add juice and rind of lemons, and sugar and beat thoroughly. Dissolve jelly in boiling water. Allow to cool but not to set. Beat this into the tinned milk mixture. Pour into bowl and allow to set.

SHERRY FROTH

- 4 eggs
- $\frac{1}{2}$ cup sugar
- 4 tablespoons sherry
- 2 teaspoons gelatine
- 2 tablespoons boiling water

Separate yolks and whites. Beat yolks, preferably in an electric mixer together with the sugar, until light and fluffy. Add sherry gradually. Continue beating. Dissolve gelatine which has been softened in 2 tablespoons of cold water, over hot water. Add to the mixture. Continue beating until mixture begins to thicken. Fold in stiffly beaten egg whites.

VARIATIONS:**LEMON FROTH**

Substitute 4 tablespoons lemon juice for sherry.

COFFEE FROTH

1 heaped teaspoon instant coffee dissolved in 4 tablespoons boiling water is substituted for the sherry.

COFFEE CREAM

- 1 dessertspoon gelatine
- $1\frac{1}{2}$ cups strong coffee
- $\frac{1}{2}$ cup milk
- 1 cup sugar
- 4 eggs, separated
- 1 teaspoon vanilla
- $\frac{1}{2}$ pint cream, whipped

Dissolve gelatine in coffee. Separate eggs, and beat yolks until very thick. Add to gelatine and coffee. Add milk and sugar slowly, stirring constantly until mixture boils. Remove from heat at once. Cool but do not allow to set. Fold in the cream and finally the stiffly beaten egg whites.

JELLY FLUFF

(Wonderful for children)

Dissolve a packet of jelly in $1\frac{1}{2}$ cups boiling water. Allow to cool. Now add an ice cube and beat with a rotary beater. Continue to add ice cubes beating until jelly is fluffy. Place in a bowl and if you like decorate with fruit. You may also dissolve the jelly in 1 cup boiling water. Add 2 mashed bananas at this stage.

SPANISH CREAM

- 1 tablespoon gelatine
- $\frac{1}{4}$ cup cold water
- 3 cups hot milk
- 3 eggs separated
- $\frac{1}{2}$ cup sugar
- 1 teaspoon vanilla

Soften gelatine in cold water and dissolve in scalded milk. Combine egg yolks and sugar, add gelatine mixture and cook over low heat, stirring constantly, for about 5 minutes. Cool and chill until thickened but not set. Add vanilla and fold in stiffly beaten egg whites. Turn into dish or individual glasses.

SNOW PUDDING

- 1 tablespoon gelatine
- $\frac{1}{4}$ cup cold water
- 1 cup boiling water
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup lemon juice
- 1 tablespoon lemon rind, grated
- 2 egg whites
- $\frac{1}{4}$ teaspoon salt

Soak gelatin in cold water and dissolve in boiling water. Add sugar, lemon juice, rind and salt. Cool. When mixture becomes thick, beat vigorously. Beat egg whites until stiff. Add to gelatine mixture and continue beating until mixture is stiff enough to hold its shape. Serve with custard or fruit sauce.

PRUNE OR APRICOT WHIP

- 1 packet orange jelly
- 2 cups hot water
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon orange rind, grated
- 4 tablespoons sugar
- $1\frac{1}{2}$ cups cooked prunes or apricots, liquidised or put through a strainer

Dissolve jelly in hot water. Add salt and orange rind. Chill until cold and syrupy. Place in a bowl of cracked ice and water and whip with a rotary beater until fluffy, like whipped cream. Add sugar to the prunes or apricots and fold in the whipped jelly. Pile lightly into glasses.

Ice Creams and Sherbets

BAKED ALASKA

- 1 sponge cake
- 1 large-sized block ice cream
- 5 egg whites
- $\frac{1}{2}$ teaspoon cream of tartar
- $\frac{3}{4}$ cup sugar

If your sponge cake is too thick slice it in half lengthwise. Use the other half for trifle or refrigerator cake. Cover a board, large enough to hold the cake, with aluminium foil. Place the cake on the paper. Pile the ice cream on the cake. Make sure the sponge cake extends about 1 in. beyond

the ice cream. Leave in refrigerator. Just before serving, beat egg whites until foamy, then add cream of tartar. Beat until stiff. Gradually add the sugar. Continue beating until the meringue is stiff and glossy. Completely cover ice cream and sides of cake with a thick covering of meringue. Place in 475 oven for about 4 minutes. Remove as soon as the meringue is golden brown. Slip dessert from bread board on to serving platter. You can also make small individual portions. Cut 3 in. squares of cake. Place a ball of ice cream on each square. Cover with meringue and bake.

VANILLA ICE CREAM

- 1½ cups milk
- 2 egg yolks
- 1 tin evaporated milk
- ½ teaspoon gelatine
- 1 tablespoon cold water
- ½ cup water
- ¾ cup sugar
- 2 egg whites
- 1 dessertspoon vanilla

Boil the milk and add to the well-beaten egg yolks and cook in double boiler until the mixture thickens a little. Stir constantly. Add the evaporated milk and allow to cool. Soak the gelatin in the cold water. Boil one-third cup of water with the sugar for 2 minutes. Add the gelatin. Stiffly beat the egg whites and add the hot syrup. Beat until cool. Combine the mixtures, add the vanilla and pour into the freezing tray. Turn the temperature to very cold. After an hour you can turn the refrigerator control back to normal. Stir several times until the ice cream is properly set.

For **CHOCOLATE ICE CREAM** dissolve 3 ozs. chocolate into the hot custard.

CARAMEL NUT ICE CREAM

- 1 cup white sugar, caramelised
- 1½ cups evaporated milk
- 2 egg yolks
- ½ teaspoon gelatine
- 1 tablespoon cold water
- 1 cup cream, whipped
- ½ cup chopped nuts
- 1 teaspoon vanilla
- 2 egg whites

Caramelise the sugar in an iron frying pan. Melt the sugar until it turns brown. Add a very little hot water carefully and cook down to a syrup. Scald the evaporated milk and add the caramel and the beaten egg yolks and cook in the double boiler until the mixture thickens a little. Soak the gelatin in the cold water and add to the hot mixture. Let cool. Add the nuts, vanilla and whipped cream. Lastly fold in the stiffly beaten egg whites. Pour into the tray and freeze as above.

SATSUMA PLUM ICE CREAM

- 8 big red plums
- ¾ cup sugar
- 1½ cups water
- 2 tablespoons syrup
- 1 teaspoon gelatin
- 2 tablespoons cold water
- 2 tablespoons lemon juice
- 1 cup cream, whipped

Cook plums with sugar and water for 15 minutes or until soft. Remove pips and force through a strainer. Add syrup and gelatin softened in water. Stir over heat until dissolved. Cool. Add lemon juice and fold in cream. Turn into freezing tray. Freeze until firm, stirring once during freezing.

VANILLA MOUSSE

This is a very rich ice cream and does not become quite as firm as the previous ones. It is very easy to make.

For 2 trays:

- ½ cup sugar
- 4 eggs
- 2 cups cream, whipped

Separate the eggs. Beat the whites with half the sugar in the electric mixer if possible. Pour the whites into another bowl and put the yolks into the first bowl. Beat them with the other half of the sugar. Pour this mixture over the whites. Now in the same bowl beat the cream and flavour as you wish. Fold the whites into the yolks and finally the cream. Follow these steps exactly and you will not have to wash your beater. Pour into freezing trays and freeze as above. You can beat the egg yolks with 1 tablespoon instant coffee or you can use drinking chocolate powder instead of the sugar. Use 8 tablespoons altogether. You can also coarsely grate bitter chocolate into the mousse just before pouring into the trays. Praline ice cream is very good. For praline, caramelise 1 cup sugar in a very hot pan. When the sugar turns brown, be careful not to let it burn, sprinkle over it a few tablespoons coarsely chopped nuts. Immediately pour this mixture into a greased cake tin. It will set in a few minutes. As soon as it is cold, break it up with a heavy rolling pin. Add this to the ice cream before freezing.

CHOCOLATE CUPS ALASKA

Grease and flour deep muffin tins. This recipe will make 10 cookies. Bake in 400 oven about 10 minutes.

- 2½ ozs. butter
- 2 ozs. bitter chocolate
- pinch salt
- ½ cup brown sugar
- ⅓ cup flour
- 1 cup quick-cooking oatmeal
- 1 teaspoon vanilla
- 1 large block ice cream (quart)
- 4 egg whites
- ½ cup sugar

Melt the butter and add the chocolate. Do not allow to burn. Mix all the other ingredients except for the ice cream, egg whites and additional sugar. Add to chocolate mixture. Cover the bottoms of the muffin cups and spread the dough about three-quarters up the sides. Bake. Take them out of the oven. Grease a small glass custard cup on the outside. Press it into the baked mixture. Give the cup a slight twist and lift chocolate cups out. The baked mixture will now be shaped like little cups. Fill each cup with ice cream and leave in the refrigerator, or, if possible, in the deep freeze. Just before serving, cover with meringue made by beating the egg whites until frothy. Slowly add the sugar. Beat at high speed until meringue stands in peaks. Spread over tops and sides of cake. Place under grill until meringue is golden brown, just a few minutes.

REFRIGERATOR ICE CREAM (Cooked Base)

- $\frac{3}{4}$ cup sugar
- $1\frac{1}{2}$ tablespoons Maizena
- $1\frac{1}{2}$ cups milk
- 2 eggs, separated
- $2\frac{1}{2}$ teaspoons vanilla
- $\frac{1}{4}$ teaspoon salt
- 1 cup cream, whipped

Combine sugar and Maizena in top of double boiler. Gradually stir in milk. Mix to a smooth paste. Cook over boiling water stirring until it thickens. Cover and cook 10 minutes. Stir a little of the hot mixture on to the beaten egg yolks. Add yolks to the remaining hot mixture. Cook over hot but not boiling water, stirring, for 3 minutes. Cool. Add vanilla and salt. Fold beaten egg whites into cooled custard. Pour into refrigerator trays and freeze until firm. Remove to chilled bowl. Beat until smooth. Fold in whipped cream. Return to tray and freeze.

PEACH OR STRAWBERRY

Add $1\frac{1}{2}$ cups crushed strawberries or mashed early Dawn peaches to the chilled mixture just before folding in the whipped cream. Another variation is to crush a peppermint crisp chocolate into the ice cream, also before folding in the cream.

FROZEN MERINGUE VELVET

(The advantage of this ice is that it can be frozen in various shapes, e.g., in star or heart-shaped tins, in charlotte russe moulds and also in paper cups.)

You can make a large quantity at a time and flavour it in different ways.

- 1 cup chopped candied fruit soaked in liqueur
- $1\frac{3}{4}$ cups sugar
- $\frac{1}{2}$ cup water
- 6 egg whites, stiffly beaten
- $1\frac{3}{4}$ cups chopped and toasted nuts
- 1 quart heavy cream, whipped

Marinate the fruit in the liqueur.

Boil the sugar and water together until the syrup reaches the soft-ball stage. Add the syrup in a fine stream to the egg whites while beating. Obviously best done in an electric mixer, though not impossible by hand. Beat until mixture forms stiff peaks. Chill. Add nuts and fruit to chilled meringue. Fold in whipped cream and blend mixtures carefully. Freeze.

BASIC SHERBET RECIPE

- 2 teaspoons gelatine
- $2\frac{1}{4}$ cups cold water
- 1 cup sugar
- pinch of salt
- fruit and juice as desired
- 2 egg whites

Soak gelatine in $\frac{1}{4}$ cup cold water. Cook sugar and 2 cups water for 10 minutes. Add gelatine and dissolve. Add salt and fruit juice. Freeze until mushy. Remove mixture to a chilled bowl and break into small pieces. Add unbeaten egg whites and beat until fluffy. Turn into trays and freeze. Beat again about 1 hour before serving. The consistency should be that of ice cream.

Some people (that includes me) beat the egg whites until stiff before folding them into the frozen mixture. For a lemon sherbet you will use approximately 2 cups water boiled with the sugar. You will add about $\frac{3}{4}$ cup lemon juice. For an orange sherbet, use 1 cup water boiled together with the sugar and use about $1\frac{1}{2}$ cups orange juice and $\frac{1}{2}$ cup lemon juice. For grapefruit I use 1 cup sugar boiled with 1 cup water. To this I add $\frac{1}{2}$ cup lemon juice, 2 cups fresh grapefruit juice and $\frac{1}{2}$ cup orange juice. Grenadilla juice should be treated like lemon juice. Remember that pineapple does not freeze or set unless it has been boiled first.

ROYAL EGG YOLK VELVET

- 1 cup sugar
- $\frac{1}{2}$ cup water
- 4 yolks
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup brandy
- 3 cups cream, whipped

Combine the sugar and water in a pot. Boil and cook until syrup reaches the soft-ball stage. Beat the egg yolks with the salt until they are very, very thick. Add the syrup in a fine stream to the eggs and continue beating until the mixture forms peaks. Chill. Add the brandy and fold in the whipped cream. Turn the mixture into small moulds or paper cups and freeze.

Some Confections for the Children to Make**COCONUT ICE**

- 4 cups sugar
- 1 cup condensed milk
- $\frac{1}{2}$ cup water
- 2 cups coconut
- a few drops of rose water (optional)
- pinch of salt
- walnut-sized piece of butter

Butter pot and put all ingredients in except for the coconut and rose water. Stir until sugar melts.

Bring to the boil and cook covered for about 3 minutes. Uncover and cook until a little bit of the mixture dropped into cold water forms a soft ball. Remove from heat and add the rose water and the coconut. Melt the butter into the mixture. Divide the mixture into 2 portions. Colour one portion with a very few drops of cochineal. Pour it into a greased tin. Pour the white mixture on top of this. Cool and cut into squares.

TOFFEE APPLES

Heat until dissolved:

- 1 cup sugar
- $\frac{3}{4}$ cup boiling water
- pinch of cream of tartar

Bring to boiling point. Cover and cook for 3 minutes. Boil the syrup until it reaches the hard crack stage. Remove pan from heat and add a few drops of red colouring. Place saucepan in hot water. Have ready some small apples on skewers. Dip them into the glaze. Place them on a well-buttered tin to harden.

PEANUT BRITTLE

- 2 cups sugar
- $\frac{1}{2}$ cup syrup
- 2 cups peanuts
- 1 teaspoon butter
- $\frac{1}{4}$ teaspoon bicarbonate of soda

Combine sugar, syrup and 1 cup water in a saucepan. Stir until the sugar is dissolved. Continue cooking without stirring until soft-ball stage. Add peanuts. Cook until syrup turns golden, about 10 minutes. Add butter and soda, stirring just enough to mix. Pour on to a greased baking tin. Cool and break into pieces.

MARSHMALLOWS

Put in the bowl of the mixer and let it stand for 1 hour 3 tablespoons gelatine in half cup cold water. In a heavy saucepan over low heat dissolve:

- 2 cups sugar
- $\frac{3}{4}$ cup syrup
- $\frac{1}{2}$ cup water
- pinch of salt

When the mixture starts to boil cover it for a few minutes. Continue to cook uncovered and unstirred over high heat until a little of the mixture forms a firm ball in cold water. Pour mixture over gelatine and beat constantly. Beat for 15 minutes. Add 2 teaspoons vanilla. Put mixture into 8 in. x 12 in. greased tin, which has been dusted with Maizena and icing sugar. Dry for 12 hours. Remove from pan and cut.

BUTTERSCOTCH

- 2 cups brown sugar
- $\frac{1}{4}$ cup syrup
- $\frac{1}{2}$ cup butter
- 2 tablespoons water
- 2 tablespoons vinegar

Put all these ingredients into a heavy deep saucepan. Stir over high heat until the sugar is dissolved. Boil quickly, stirring frequently, until the hard crack stage. A small quantity of syrup in cold water will separate into threads that are hard and brittle. Drop the mixture from a teaspoon on to a buttered slab to form small round sweets.

OLD-FASHIONED CHOCOLATE FUDGE

- 3 cups sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup sifted cocoa
- 1 cup milk
- 2 tablespoons syrup
- 3 tablespoons butter
- 1 teaspoon vanilla
- 1 cup coarsely chopped nuts

Butter an 8 in. square tin.

In a heavy high saucepan combine sugar, salt, cocoa, milk and syrup. Cook, stirring over medium heat, until sugar dissolves. Cover for 3 minutes. Continue to cook until soft-ball stage. Remove from heat. Add butter. Don't stir. Let it cool until outside of pan feels lukewarm. Add vanilla. Beat fudge with a wooden spoon or in the mixer. Turn into prepared tin. Cool. Cut into squares.

FUDGE

- $\frac{1}{4}$ lb. butter
- 2 $\frac{1}{2}$ lbs. sugar
- 1 tin condensed milk
- 1 cup water
- 1 tablespoon syrup
- vanilla essence

Dissolve sugar and water over medium heat. Add butter and syrup. When butter is melted bring mixture to the boil. When boiling add the condensed milk and boil for about 15-20 minutes. Drop a little in cold water and when it forms a soft ball remove mixture from the stove. Add 1 teaspoon vanilla and beat with an egg beater or in the mixer for 5 minutes. Turn out into a greased pan. Cool and cut into squares. Remember to use a deep pot when cooking fudge, otherwise the mixture will boil over. Also watch the stove so that the temperature does not get too high and the fudge burns.

HINTS

The way to a man's heart is not to serve him jellied salads. The only time to serve them is if you simply have to have an all-women's party. Men, having been brought up by mothers who are always trying to push food down their children by deceiving them about the ingredients, are very suspicious about food. They like to know exactly what's in a dish. Don't cut up food too fine for the masculine palate.

According to Peg Bracken, the author of "I Hate to Cook," there should be a motto inside the door of your refrigerator: "When in doubt, throw it out," and on the outside of the refrigerator there should be a picture of a very slim girl. This will prevent inveterate nashers from temptation.

Treatment of Flowers and Table Arrangements

(By courtesy of Mr. Maurice August of Messrs. Walter F. Allen - Florists.)

"AS MANNERS MAKETH MAN—SO DOETH FLOWERS MAKETH A TABLE."

The treatment of flowers is as important as actually doing your arrangement. It is advisable to collect and treat the flowers several hours before starting to do them.

A good rule to follow is to bruise all blooms and foliage with hard wooden stems, this enables the cells at the end of the stems to open and absorb water. Anything else of a more delicate nature can be placed in boiling water for about a minute and then given a long cool drink of water.

Flowers which especially require the latter treatment are DAHLIAS, DELPHINIUM, all types of DAISIES, BARBERTONS, OLSTAMARIA, CHRYSANTHEMUMS (these should first be bruised then scalded), POINTSETTIAS, HYDRANGEA (these must never be used until the flowers are firm and fully developed). ROSES should first be bruised lightly at the end of the stem, the foliage removed halfway up the stem, then given a long deep drink, preferably overnight. Tulips have a tendency to droop, if this happens cover the blooms completely in newspaper and plunge into a deep container of cold water. The stems will become stiff and straight again.

When planning table arrangements, certain factors must be considered, viz.:

- The Occasion,
- The size and shape of the table,
- Flowers available,
- Table appointments,
- Choice of container.

The Occasion

If you were giving a Chinese dinner—the appropriate theme would be achieved by using the following materials: Pussy-willow branches, bamboo sticks, aspidistra leaves, camelia blooms, peonies, all of which bring a suggestion of the Orient to your table.

The Table

Shape and size of the table is important when planning the line of your arrangement. If the occasion is formal and guests are to be seated, each person present must be able to view the flowers from any position at the table.

The Flowers

Do not set your heart on using flowers which may be unavailable. Check in advance which flowers and foliage are in season to avoid disappointment.

Table Appointments

Presuming the appointments are of a period design, try to use a colour combination that will harmonise with the pattern, for example, rosebuds, daisies, trailing foliage, fruit can also be incorporated, small bunches of grapes and sprays of crab apple. Any material which suggests a Victorian influence.

The Container

A glass goblet approximately 10 to 12 inches in height. Use Oasis* preferably to wire netting for positioning the flowers.

Firstly, establish the line to the arrangement by using foliage such as asparagus fern, springarie or sword fern. This must extend proportionally into downward flow, grazing the table top. Naturally, grouping is one of the foremost considerations. Rosebuds are used for establishing the height in this type of arrangement, tapering them down towards the rim of the goblet. Sweetpeas complete the pyramid design. It is essential to taper the flowers towards the centre, thus achieving an air of lightness. Presuming the flowers are to be viewed from all angles, we now fill in with clusters of pansies, violas, snowdrops or any other small seasonal flowers. Remember that these must all be individually grouped.

*Oasis.—A spongy material containing a chemical substance which helps to prolong the life of the flowers. Soak for at least 3 hours, or until the Oasis becomes saturated and heavy. Place in the container and it will keep each bloom beautifully in place. (Obtainable from Walter F. Allen, Florist.)

DINNER TABLE ARRANGEMENT WITH A DIFFERENCE

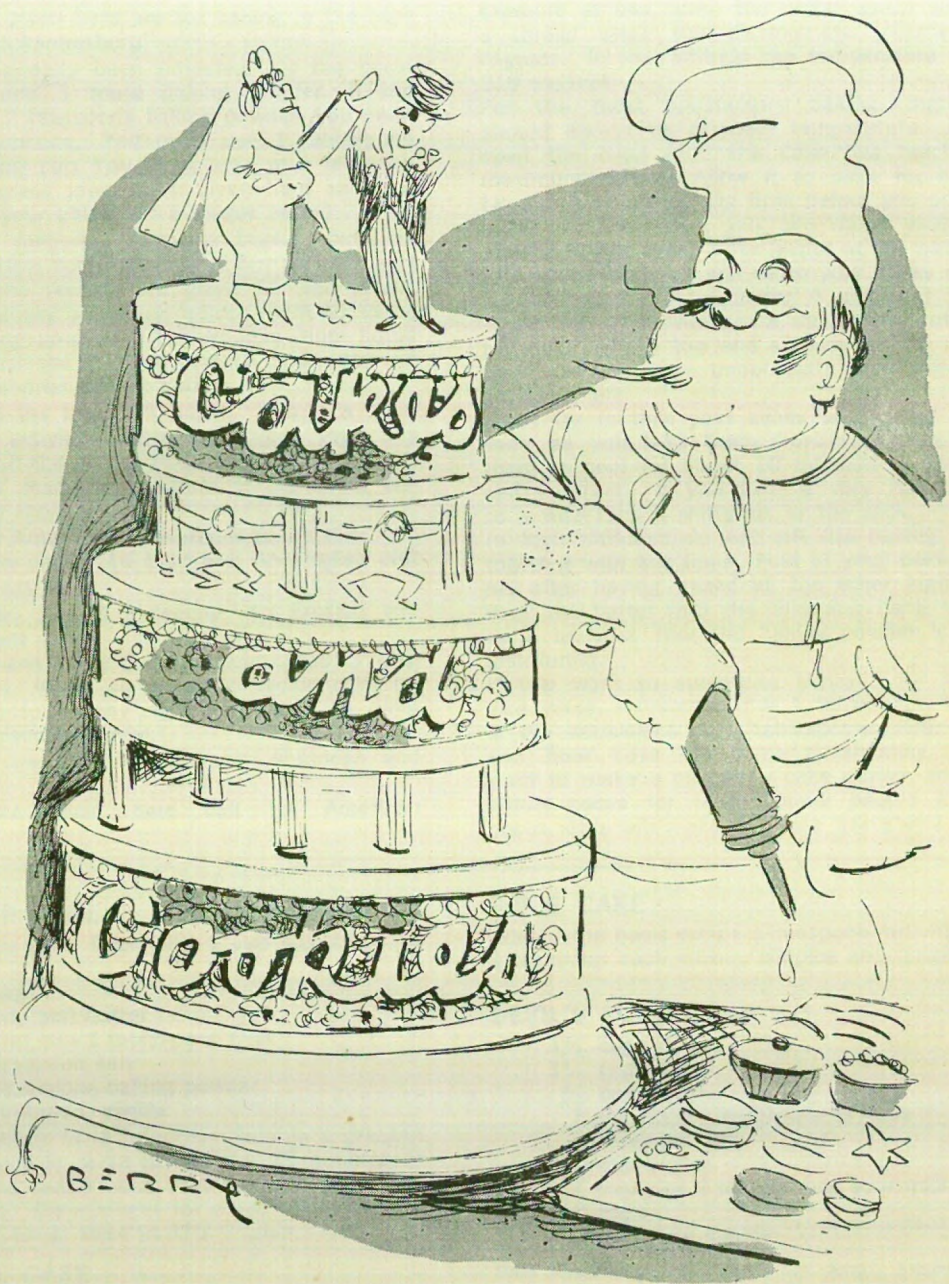
MATERIALS:

- Modern white pottery container
- round spike, fixed with flora-clay, also wire
- 3 large white chrysanthemums
- 2 sprays of variegated ivy—ollod
- 2 bunches large firm purple grapes
- (frosted of course!)

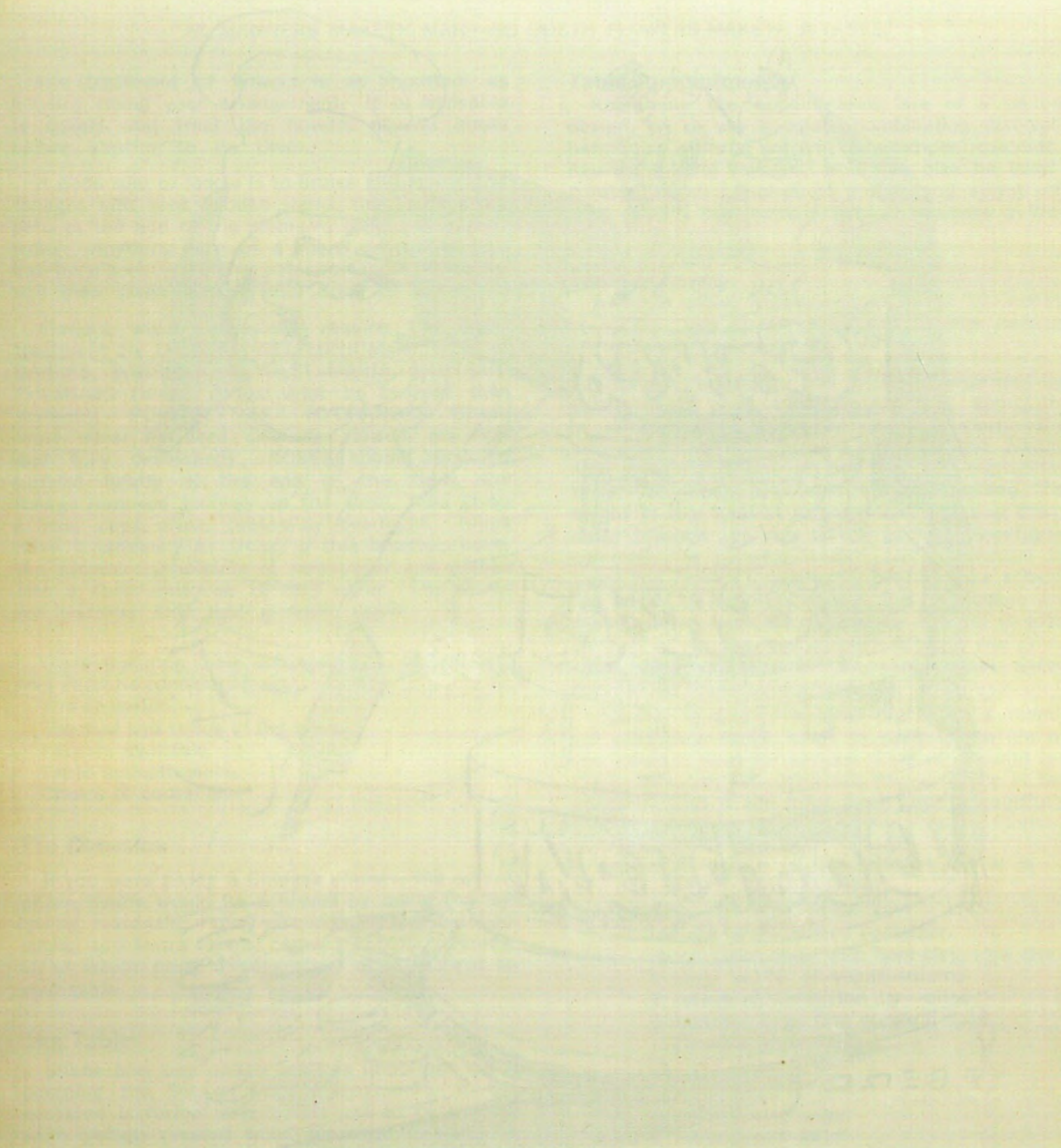
Recipe for Frosted Grapes

- 4 tablespoons sugar
- 2 tablespoons water
- caster sugar

Put sugar and water in a pan and stir over medium heat until sugar is dissolved. Boil for two or three minutes until syrup is golden. Remove from heat, dip each bunch of grapes into hot syrup, drain, then toss in caster sugar. Allow to dry before using.



Treatment of Flowers and Table Arrangements



Cakes

Unless specifically stated as otherwise, measurements are always level.

The recipes given here are for baking in the high altitude of Johannesburg.

They have already been adjusted. At the coast you must add $\frac{1}{4}$ more baking powder. If the recipe says 2 teaspoons baking powder, you must use $2\frac{1}{2}$ teaspoons. You must use 1 tablespoon less liquid per cup. You must bake at a temperature 25 degrees lower than given here and you must bake your cakes for a longer period.

If you are following a recipe book printed in London or New York, as most of our recipe books are, then the recipes are given for sea levels. In Johannesburg you must adjust them by using $\frac{1}{4}$ less baking powder, 2 tablespoons more liquid per cup. Increase the temperature by 25 degrees and use a shorter baking period.

Do not line the tins with paper. This is a time-consuming activity. Butter and flour your tins and shake off the excess flour.

Bake cakes nearer the bottom of the oven, biscuits nearer the top.

English and American measurements are different. An American pint is 16 fluid ozs. An English pint is 20 fluid ozs.

An American cup is a teacup. An English cup is a breakfast cup.

The Americans have no measure called a dessertspoonful. When an American recipe calls for a tablespoonful of any ingredient, then use what we call a dessertspoonful.

Teaspoons are the same in both American and English.

The recipes given here call for American measures.

HURRY-UP CAKE

Sift $1\frac{3}{4}$ cups cake flour with 1 cup sugar.
Add:

- 2 eggs
- $\frac{1}{2}$ cup soft butter
- $\frac{1}{2}$ cup plus 1 tablespoon milk
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{4}$ teaspoons baking powder
- 1 teaspoon vanilla

Beat vigorously for 3 minutes. Bake in a greased and floured 9 in. x 13 in. pan for 25 minutes. It can also be made as a loaf cake or two 7 in. layer cakes. Bake longer for a loaf cake. Spread with butter icing. Bake in 375° F oven.

CARAMEL CAKE

Substitute 1 cup brown sugar for the white sugar. You can add about $\frac{3}{4}$ cup chopped nuts to the batter.

COCOA CAKE

Substitute $\frac{1}{4}$ cup cocoa for $\frac{1}{4}$ cup flour.

If you use a candy thermometer in making sweets you must also adjust the times. For example at sea level, the sugar syrup will spin a thread when the thermometer reaches 228 degrees. In this altitude the temperature will be 218 degrees.

For the most satisfactory baking, ingredients should always be at room temperature. Do not open the oven until the cake has reached its maximum height. Allow it to bake for at least two-thirds of the baking time before you open the oven. At this stage you can move your cakes around. Most ovens bake better at the back than in front so that you can move your cakes around. If you happen to be baking 4 layers at a time, move the layers which are nearer the bottom of the oven to the top and vice-versa. Do not put your pans directly underneath each other, but stagger them.

Don't try to take your cakes out of the tins as soon as you take them from the oven. Allow them to cool for about 10 minutes so that they can contract. If you turn a very hot cake on to a wire rack it will stick to the rack.

In high altitudes do not sift the baking powder together with the flour. Fold in your baking powder after having mixed all the other ingredients. Pour the batter into the tins and bang the tins on a table so that the baking powder is evenly distributed.

If you want to substitute Maizena for flour or vice versa, remember that 1 tablespoon Maizena is the equivalent of 2 tablespoons flour. Cocoa and flour have the same consistency. If you want to make a chocolate cake darker, then substitute cocoa for flour. Some people just add cocoa. This will make the cake heavy and dry.

SPICE CAKE

Add to the basic recipe 1 teaspoon cinnamon and $\frac{1}{2}$ teaspoon each cloves, allspice and ginger.

DEVIL'S FOOD CAKE

- $1\frac{3}{4}$ cups flour
- $1\frac{1}{2}$ cups sugar
- $\frac{1}{3}$ cup cocoa
- 1 teaspoon bicarbonate of soda
- 1 teaspoon salt
- $\frac{1}{2}$ cup butter
- 1 cup plus 2 tablespoons sour milk
- 2 eggs
- 1 teaspoon vanilla

Into large bowl of mixer sift flour, sugar, cocoa and soda and salt. Add the butter and the sour milk. Beat at medium speed for 2 minutes. Add 2 eggs, one at a time and then the vanilla. Scrape down the bowl. Pour batter into two 8 in. layer pans, greased and floured. Bake in 375 oven for approximately 30 minutes.

BANANA CAKE

- 2 eggs
- 2½ cups flour
- 2 teaspoons baking powder
- ½ teaspoon bicarbonate of soda
- ½ teaspoon salt
- 1½ cups sugar
- ½ cup butter
- 1 cup well-mashed bananas
- 2 teaspoons lemon juice
- ½ cup plus 1 tablespoon sour milk

Sift flour, baking powder, soda, salt and sugar. Add butter, bananas and vanilla and at low speed beat until ingredients are combined. Increase the speed to medium and beat for another 2 minutes. Scrape bowl occasionally. Add eggs and sour milk. Beat for another 2 minutes. Pour batter in two 8 in. layer-cake pans or 13 in. x 9 in. x 2 in. baking pan, greased and floured. Bake layers in 375 oven for 30 minutes, and oblong cake for about 40 minutes.

APPLESAUCE CAKE

You can substitute 1 cup applesauce or pureed cooked prunes for the bananas and add 1 teaspoon each cinnamon, cloves and allspice.

IF YOU DO NOT HAVE SOUR MILK, THEN ADD 2 TEASPOONS VINEGAR OR LEMON JUICE TO EACH HALF CUP MILK.

GOLD LAYER CAKE

- 2½ cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1½ cups sugar
- ½ cup butter
- 1¼ cups plus 2 tablespoons milk
- 1 teaspoon vanilla
- 4 egg yolks (½ cup)

Sift dry ingredients into bowl. Add butter, ¾ cup milk and vanilla. Beat at high speed for 2 minutes. Add remaining milk and unbeaten egg yolks. Beat another 2 minutes. Pour into 2 greased and floured 8 in. layer cake pans. Bake at 375 for 30 minutes.

SILVER LAYER CAKE

- 2¼ cups flour
- 3¼ teaspoons baking powder
- 1 teaspoon salt
- 1½ cups sugar
- ½ cup butter
- 1 cup plus 2 tablespoons milk
- 1 teaspoon vanilla
- 4 egg whites (½ cup)

Sift dry ingredients into bowl. Add butter and ¾ cup milk and vanilla. Beat at high speed for 2 minutes. Add remaining milk and unbeaten egg whites. Beat 2 minutes. Pour into 2 greased and floured 8 in. layer cake pans. Bake in 375° F oven for 30 minutes.

ONE-EGG CAKE

- 2 cups flour
- 1 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 3 ozs. butter
- 1 cup plus 2 tablespoons milk
- 1 egg
- 1 teaspoon vanilla

Sift flour, sugar, baking powder and salt into bowl. Add butter and milk.

At medium speed beat for 2 minutes and scrape sides of bowl occasionally. Add egg and vanilla. Beat another 2 minutes. Pour batter into 9 in. square pan. Bake for 30 minutes in 375 oven.

WHITE CAKE MADE WITH OIL

(No butter and no egg yolks)

- 2¾ cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- ¾ cup oil
- 1 cup water
- ½ cup skimmed milk
- 4 egg whites
- ¼ teaspoon cream of tartar
- 1½ cups sugar

Sift dry ingredients except for sugar and cream of tartar into a bowl. Add oil, water and milk. Beat together until batter is smooth. Beat the egg whites until foamy in a separate bowl. Add the cream of tartar. Continue to beat until stiff but not dry. Gradually beat in the sugar until the mixture is like a meringue. Fold egg white mixture into flour and oil mixture. Bake in 2 greased and floured 9 in. pans for 25 minutes in 375 oven.

CHOCOLATE CAKE MADE WITH OIL

Make as above but substitute ½ cup cocoa for ½ cup flour. Use an extra ¼ cup sugar.

SPICE CAKE

Add 2 teaspoons cinnamon and ½ teaspoon cloves and ½ teaspoon allspice to the flour in the white cake made with oil recipe.

EGGLESS, BUTTERLESS, MILKLESS CHOCOLATE CAKE

(Don't tell anyone what the ingredients are until they've told you that this is one of the best chocolate cakes they've ever eaten.)

- 1½ cups flour
- 3 tablespoons cocoa
- 1 teaspoon bicarbonate of soda
- 1 cup sugar
- ½ teaspoon salt
- 5 tablespoons oil
- 1 tablespoon vinegar
- 1 teaspoon vanilla
- 1 cup cold water

Sift flour, cocoa, soda, sugar and salt into a bowl. Make 3 holes in the dry ingredients. Into 1 hole pour the oil, into the next hole the vinegar, and into the third hole the vanilla. Pour the cold water over the mixture and stir vigorously with a wooden spoon. Mix until thoroughly blended—about 1 minute. Pour into 9 in. greased and floured tin and bake 375 for about 30 minutes.

SUBSTITUTE SPICES FOR SOME OF THE FLOUR AND TURN IT INTO A SPICE CAKE.

I have deliberately begun the cake section with the cakes that any small child can bake. It so happens that most of them are not rich and that some of them are cholesterol free. Now I'll give you another cake recipe which contains no butter and no eggs but is more difficult to make. It is one of the most famous cakes in Italy and is called:

PANFORTE DI SIENA

- ¼ lb. toasted hazelnuts
- ¼ lb. shelled toasted almonds
- ½ lb. candied peel
- ¼ lb. diced candied fruit or watermelon konfyt
- ½ cup cake flour
- ¼ cup cocoa
- ¼ teaspoon allspice
- 1½ teaspoons cinnamon
- ½ cup honey
- ½ cup sugar
- ½ teaspoon vanilla
- 2 tablespoons icing sugar and another 1½ teaspoons cinnamon

Combine nuts, fruit, flour, cocoa, allspice, cinnamon and vanilla in a large bowl. Set aside. Mix honey and sugar in a saucepan and cook over low heat for about 10 minutes, stirring with a wooden spoon. Remove from heat and add nut mixture. Mix quickly until thoroughly blended. Immediately pour into greased and floured 9 in. cake tin or pie pan. Bake in 325 oven for 30 minutes. Remove from oven and sprinkle with icing sugar and additional cinnamon. Return to oven for 2 minutes. Remove from oven and place on a cake rack to cool. Sprinkle with more icing sugar and cinnamon. Cool. Cut into slices. Store in airtight tin.

SOME CLASSIC CAKES

GENOISE

Melt ¼ lb. butter over low heat without letting it bubble. Cool to lukewarm. Beat 4 large eggs with ¾ cup sugar, preferably in an electric mixer. Beat at moderate speed for about 15 minutes or until the eggs are light yellow and thick enough to form a ribbon when the beater is withdrawn. Add 1 cup less 2 tablespoons flour, sifting it lightly over the batter in 3 portions and folding it in gently with a wooden spoon. Use as few strokes as possible. Pour in the melted butter but do not include the sediment at the bottom of the bowl. Fold in the butter and pour the batter into a deep 8 in. springform pan, buttered and sprinkled lightly with flour. Bake in 375 oven for about 40 minutes. This cake is the basis of most French cakes. It can be baked in layers or it can be split and filled with whipped cream or pastry cream. It can be glazed with melted jam. Have a look at the window of a pastry shop and see to what variations this basic cake can be put.

ITALIAN GENOISE CAKE

- 1 cup eggs (5)
- 1 cup sugar
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1¼ cups flour

Beat eggs until light and fluffy. Gradually add sugar, salt and vanilla. Beat until very thick and lemon-coloured. Fold in flour 2 dessertspoons at a time. Fold in gently but thoroughly. Grease and flour two 9 in. layer pans. Bake in 375 oven for about 25 minutes. Remove from oven. Cool in pans. Remove from pans and when completely cool, split each layer in half.

Fill with custard cream:

- ¾ cup sugar
- ⅓ cup flour
- 3 eggs or 4 yolks
- 1½ cups milk
- 1 teaspoon vanilla or liqueur
- 2-4 ozs. butter

Combine sugar and flour in top of a double boiler. Mix well and add milk and eggs. Cook over medium heat and when thick take off heat and add vanilla and butter. Stir until butter is melted. If the custard is lumpy pour it through a strainer. Cover the top of the cake with a thin chocolate icing:

Mix in the top of a double boiler:

- 1 cup sifted icing sugar
- 2 tablespoons sifted cocoa
- 1 tablespoon butter

A little hot water after the butter has melted to make the icing of a pouring consistency. If it is too thin, add more cocoa and icing sugar and if it is too thick, more water and melted butter. Leave this cake in the refrigerator for a few days before serving.

BASIC POUND CAKE

- $\frac{1}{2}$ lb. butter (1 cup)
- $\frac{1}{2}$ lb. sugar (1 cup)
- $\frac{1}{2}$ lb. flour (2 cups)
- 1 teaspoon vanilla
- $\frac{1}{2}$ lb. eggs (4 extra large, 5 large)

Cream the butter with $\frac{1}{4}$ cup sugar until light and fluffy. Add egg yolks, one at a time. Beat well after each addition. Add vanilla.

Add pinch of salt to egg whites and beat until whites hold soft peaks. Add remaining sugar, 1 tablespoon at a time. Beat well after each addition or until egg whites are very firm. Fold one quarter of the stiffly beaten egg whites into creamed butter-sugar-egg mixture. Pour mixture back on top of remaining egg whites. Fold gently together, while sprinkling in the flour. Do not overmix. Bake in 375 oven for about 50 minutes, in a deep, greased and floured 9 in. tube pan.

VARIATIONS OF POUND CAKE**CHERRY CAKE**

$1\frac{1}{2}$ cups glace cherries cut into quarters. Sprinkle with $\frac{1}{4}$ cup brandy or maraschino liqueur. Follow basic recipe. Stir drained cherries into creamed flour-butter mixture. Allow the cherries to soak for about $\frac{1}{2}$ hour before using.

SULTANA CAKE

Soak $1\frac{1}{2}$ cups sultanas in brandy or Van der Hum for half-an-hour. Stir drained sultanas into creamed flour-butter mixture.

NUT CAKE

Add $1\frac{1}{2}$ cups chopped walnuts or pecans to creamed flour-butter mixture.

MADEIRA CAKE

- $\frac{1}{4}$ lb. butter
- 1 cup sugar
- 2 eggs
- juice and grated rind of 1 lemon
- $1\frac{1}{2}$ cups flour
- $1\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ cup milk

Cream the butter and the sugar mixed with the lemon rind. Add the yolks one at a time and mix well. Add the flour alternately with the milk. Now add the baking powder. Beat the egg whites until stiff but not dry, and fold in. Add the juice of the lemon and mix gently. Bake in a greased and floured loaf cake pan in 325 oven for 45 minutes. Mix the juice of another lemon with $\frac{1}{2}$ cup sugar and pour this mixture over the cake while it is still in the pan. Leave it to cool and only take out of the pan when cold.

You can also ice a madeira cake with a thin chocolate icing. Remove the cake from the tin about 20 minutes after taking it out of the oven. Place it on a wire rack with greaseproof paper underneath the rack. Pour the icing over the cake. Handle as little as possible but if necessary smooth the icing with a hot spatula.

DOBOS TORTE

(This is a very rich and elegant cake. It is difficult to make but really worth the effort.)

- 6 eggs separated
- $\frac{3}{4}$ cup sugar
- 1 cup flour

Beat the yolks with half the sugar until they are very thick and pale in colour. Beat the whites until stiff enough to hold soft peaks and beat in the remaining sugar gradually. Fold the whites into the yolks. Dust the flour, one-third at a time, over the egg mixture and fold in very carefully. Butter and flour the backs of six 9 in. cake tins. The bottoms of loose-bottomed spring-form pans are best. Obviously you are not likely to possess six of these. Butter and flour as many as you have. Spread the mixture very thinly over the pan. Bake in 375 oven about 10 minutes. Remove from tins with a sharp knife. You need six layers in all so that you will have to wash the pans and butter and flour again. Reserve the best layer for the top. Leave the layers to dry out for about 4 hours.

Spread the following butter cream between the layers:

CLASSIC EGG YOLK BUTTER CREAM

(Remember this recipe because it has a great many uses, e.g. in making petit fours, in decorating cakes and in making refrigerator cakes.)

- $\frac{3}{4}$ cup sugar
- $\frac{1}{8}$ teaspoon cream of tartar
- $\frac{1}{3}$ cup water
- 5 egg yolks or 4 large yolks
- $\frac{1}{2}$ lb. soft butter

Boil sugar, cream of tartar and water in a saucepan. Stir over low heat until sugar is dissolved. Raise heat and boil syrup without stirring until a few drops form a soft ball in water (don't be frightened — it isn't so difficult to judge this). While the syrup is cooking, beat the yolks until they are thick. Pour the hot syrup over the eggs and continue beating. As the mixture cools, it will become thick. Beat in the softened butter and flavour as you like with liqueur, vanilla or coffee. For a coffee butter cream add 1 dessertspoon instant coffee dissolved in a little hot water. For a chocolate butter cream add 2 ozs. melted chocolate or 4 dessertspoons cocoa mixed with a little brandy. You can also add chopped nuts.

Now we're back at the Dobos Torte.

Heat $\frac{1}{2}$ cup sugar in a heavy iron frying pan over low heat. Stir constantly until sugar turns light brown. Pour immediately over the top layer and spread with a hot knife. Mark it in radiating lines into serving portions. Spread butter cream on sides of the torte and sprinkle the sides with chopped nuts.

KAISERTORTE

- 1 cup ground almonds
- 1 1/4 cups sugar
- 3 dessertspoons brandy
- 1 teaspoon almond extract

Blend these ingredients with 3 unbeaten egg whites.

Beat another 3 egg whites until stiff and fold in 1 tablespoon flour. Fold the beaten egg white mixture into the almond mixture. The mixture should be moist but not of a runny consistency. Draw a 12 in. circle on aluminium foil. Butter and flour the foil. Either spread the batter over the circle or pie it through a pastry tube. Bake in 275 oven for 25 minutes. Allow it to cool for 3 minutes and peel off the foil. Leave the cake on a flat surface to cool.

Beat 3 egg yolks with two-thirds cup sugar until light. Add 3/4 cup ground almonds, 1 teaspoon lemon rind and the juice of 1 lemon. Beat 3 whites very stiff and fold them into the egg yolk mixture together with 3/4 cup flour. Pour this batter into a 10 in. buttered and floured spring-form pan and bake in 400 oven about 20 minutes. Cool the cake completely and cut it in half with a long breadknife.

Spread the almond meringue cake with a smooth apricot or strawberry jam.

Cover it with one of the cake halves. Spread more jam on top and then cover with the second layer of cake. Cover the whole cake with lemon icing, made from mixing icing sugar with lemon juice until it is of a pouring consistency. Trim with rosettes of whipped cream and grated chocolate.

MARBLE CAKE

Sufficient batter for two 9 in. deep layer pans or a large fluted mould or tube tin.

Sift together and set aside:

- 3 1/2 cups flour
- 1 dessertspoon baking powder
- 1/2 teaspoon salt

Cream together 1/2 lb. butter and 1 1/2 cups sugar. If you like it add 1 teaspoon almond extract. Add 4 eggs, one at a time.

Now add dry ingredients alternately with 1 cup plus 2 dessertspoons milk. Divide the batter into two equal portions. To one portion add 1/4 cup cocoa, 1/4 cup sugar and 3 tablespoons rum all blended together.

Put alternate spoonfuls of white and chocolate batter into the pans or you can turn the white batter into the pan. Pour over it the chocolate batter. With a spatula gently lift the white batter through the chocolate batter to produce a marbled effect. Bake in 375 oven for 35 minutes if for a layer cake. In the tube pan the cake will take about 1 hour to bake. Test with a straw. Cover with thin chocolate icing after removing from tin. This cake keeps well if you hide it away. If you are making it for children, then do not use almond extract and rum. Rather use vanilla essence and mix the chocolate with 3 tablespoons hot water or coffee.

BLACK FOREST CAKE

(This is what we call a Black Forest Cake in Johannesburg. A real Black Forest Cake is a sponge cake filled with custard and cream and spread with black cherries.)

To make the base and the top:

- 3 egg whites
- 1/8 teaspoon cream of tartar
- pinch of salt
- 1 teaspoon vanilla
- 3/4 cup sugar
- 1/4 cup blanched ground almonds
- 1/3 cup Maizena

Combine egg whites, cream of tartar, salt and vanilla in a large bowl. Beat until whites hold soft peaks. Add 1/2 cup sugar, 1 tablespoonful at a time. Beat until meringue is stiff. Mix Maizena, almonds and remaining sugar. Fold into meringue. Make two 9 in. circles on aluminium foil. Butter and flour the foil and place it on a baking tin. Spread the mixture over the foil. Bake in 350 oven for about 30 minutes. Take the nut meringues out of the oven and lay them on a flat surface. Allow them to cool for about 5 minutes. Peel off the foil and let them get completely cold. Make a butter cream as in the Dobos Torte. Do not refrigerate or it will get too hard to spread.

Make a chocolate sponge cake in a 9 in. layer tin. Allow it to get cool and cut it in half. Use the Genoise recipe but substitute 1/2 cup cocoa for 1/3 cup flour. Make praline:

Melt 1/2 cup sugar in a heavy frying pan. Stir it until it is light brown in colour. Add blanched, chopped almonds and pour the sugar into an oiled cake tin. It will harden immediately. Wait about 10 minutes until it is quite cool and crush it with a heavy rolling pin.

To assemble the cake:

Spread butter cream over an almond meringue layer. Sprinkle praline over the cream. Place 1 layer of chocolate cake over the first layer. Spread with more butter cream and place the other layer of chocolate cake over the first. Spread more butter cream and sprinkle with more praline powder. Place the other meringue layer on top. Spread with the remaining butter cream over the top and sides of the cake. Push the praline gently into the cream on the sides of the cake. Grate a little chocolate over the top and decorate with rosettes of sweetened whipped cream. Leave it in the refrigerator for at least 1 day before serving. Don't tell your doctor that such rich food is served in your home.

If you prefer a Black Forest Cake made from only the meringue layers, double up that recipe and make four layers. Spread each layer with butter cream flavoured with a different kind of liqueur. Assemble and decorate in the same way.

SWISS CHOCOLATE CAKE

- 4 ozs. grated chocolate
- 2½ cups ground almonds
- 5 dessertspoons breadcrumbs
- 1 dessertspoon baking powder

Mix the above ingredients together. Set aside. Cream ½ lb. butter and 1 cup sugar. Add 6 eggs, one at a time. Fold in dry ingredients together with 2 tablespoons kirsch or maraschino liqueur. Bake in a greased and crumbed 8 in. cake tin for approximately 45 minutes. While the cake is warm ice it with the following icing:

In a double boiler mix together

- 4 ozs. bitter chocolate
- 2 dessertspoons hot water
- 2 dessertspoons butter
- 4 dessertspoons sifted icing sugar

Stir with a wooden spoon until smooth.

VIENNESE SACHERTORTE

5 ozs. chocolate melted over low heat. Cream 6 ozs. butter and add the chocolate. Add 1 cup sugar slowly and ½ cup ground almonds. Add 6 egg yolks one at a time. Fold in 1 cup flour and 6 stiffly beaten egg whites. Pour the batter into a greased and crumbed springform pan and bake in 325 oven for about 50 minutes. Let the cake remain overnight in the pan. Next day cut the cake into 2 layers if you wish. Spread apricot glaze between the layers and on the top and sides of the cake. Ice the entire cake with chocolate icing as for the Swiss chocolate cake. Leave it for a few days before serving. Apricot glaze is smooth apricot jam thinned down with a little boiling water.

NO-BAKE FRUITCAKE

- 4 cups marshmallows cut up into small pieces. Do this with a sugared kitchen scissors
- 8 cups rusk crumbs. You can crush rusks in a liquidiser in a few minutes.
- 2 cups sultanas
- ½ lb. dates or figs, finely chopped
- 1½ cups chopped candied fruit
- 1½ cups coarse, chopped nuts
- ½ teaspoon each cinnamon and nutmeg
- ¼ teaspoon cloves
- 6 tablespoons orange juice
- 1 cup evaporated milk

Line two 9 in. x 5 in. x 3 in. loaf pans with waxed paper and set aside.

Combine all ingredients except orange juice and evaporated milk. Mix with your hands. Now stir in orange juice and milk so that all the rusk crumbs are moistened. Pack evenly into pans. Cover with foil and refrigerate for at least 2 days.

BLACK FRUITCAKE

Mix together:

- ¾ lb. candied pineapple, shredded
- ¾ lb. sultanas
- ½ lb. red cherries, cut in halves
- ½ lb. green cherries, cut in halves
- ½ lb. currants
- ½ lb. raisins
- 12 ozs. candied peel, chopped

Soak the fruit in ¾ cup brandy. Cover and allow to stand for 2 days. You may vary the fruit but remember that you require 4½ lbs. fruit in all.

Mix the fruit with:

- ¼ lb. blanched and shredded almonds
- ¼ lb. pecan or walnuts, chopped

Sprinkle ½ cup flour over the fruit.

Sift 2½ cups flour with 1 teaspoon bicarbonate of soda. Have ready 1 cup of liquid—fruit juice or milk (cider or apple juice is good).

Cream together: ½ lb. butter and ½ lb. brown sugar. Beat in 6 egg yolks, one at a time. Add the rind and juice of 1 lemon. Add 2½ cups black treacle or golden syrup.

If you want the cake to be very dark, then add 1 teaspoon gravy browning. Work in ½ the flour with ½ the fruit and enough liquid to moisten. When well blended, mix in the remaining flour and fruit and liquid. Beat the egg whites stiffly and fold in, adding ¼ cup rum.

This mixture is sufficient for 2 loaf pans 9 in. x 3 in. or 1 large tube or circular pan. Bake in 300 oven for about 3 hours. Let the cakes cool in the pans for at least 30 minutes. Turn them out on a wire rack. Wrap the cooled cakes in butter muslin soaked in brandy. Store them tightly covered for at least 6 weeks. Sprinkle them with brandy several times a week.

WATERMELON FRUITCAKE

Grease and crumb 2 loaf tins, 9 in. x 5 in. x 3 in. Sift together:

- 3 cups flour
- 1½ teaspoons baking powder
- ½ teaspoon salt

Mix 3 tablespoons of this mixture over

- 7 ozs. candied cherries, halved
- 6 ozs. candied apricots or pineapple, shredded
- 2 cups drained watermelon konfyt, shredded
- 12 ozs. sultanas
- 7 ozs. chopped walnut or pecan nuts
- 4 ozs. almonds, blanched and coarsely shredded

Cream ½ lb. butter with 2 cups white sugar. Add 5 eggs, one at a time. Stir in flour mixture alternately with ½ cup sherry. Mix in fruit-nut mixture. Press mixture into pans.

Bake for 2 hours in 325 oven. After cooling the cakes, wrap in foil and store in airtight container. Leave for 4 weeks before serving. Sprinkle with sherry or brandy several times a week.

BOILED FRUITCAKE

(Very simple to make but it does not keep as long as the others)

Boil together for 10 minutes:

- 1 lb. mixed fruit
- 1 cup sugar
- 1 cup water
- $\frac{1}{4}$ lb. butter

Let mixture cool and add 1 teaspoon bicarbonate of soda mixed in a little hot water. Add 2 cups flour (you can use wholemeal if you like it). Finally add 2 beaten eggs. Bake for $1\frac{1}{2}$ hours in a loaf pan or an 8 in. layer pan. This recipe can be doubled and even quadrupled quite easily. You can make it richer if you like by using more butter and doubling the quantity of eggs. Use fruit juice instead of water or substitute brandy or rum for some of the water. Add the juice of a lemon and the rind and add mixed spice to the flour. The addition of halved candied cherries to the fruit and chopped nuts also improve it. Bake in 325 oven for about 2 hours.

WHITE FRUIT CAKE

Grease and crumb a 10 in. tube pan or two 9 in. x 5 in. x 2 in. loaf pans.

- $1\frac{1}{2}$ lbs. blanched and silvered almonds
- $\frac{1}{2}$ lb. candied peel
- $\frac{1}{4}$ lb. candied pineapple
- $\frac{1}{4}$ lb. candied cherries
- $\frac{1}{2}$ lb. sultanas
- 4 cups flour
- 6 eggs
- $1\frac{1}{2}$ cups butter
- 2 cups sugar
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup brandy
- 1 teaspoon almond extract
- 1 teaspoon cream of tartar

Chop silvered almonds coarsely. Cut peel and pineapple into thin strips and cherries in half. Mix in a large bowl with the sultanas. Sprinkle $\frac{1}{2}$ cup flour over the fruit.

Cream butter until soft. Add sugar and cream with butter until fluffy. Beat in egg yolks, one at a time. Combine milk, brandy and almond extract. Add to creamed mixture alternately with the remaining flour. Beat egg whites until foamy. Add cream of tartar. Continue beating until whites are stiff. Pour batter over fruit and nuts and mix well with your hands. Fold in egg whites. Use your hands to lift batter into pans and press down firmly with your palm. Bake the cake in the tube pan for $3\frac{1}{2}$ hours in 275 oven.

Bake the cakes in the loaf pans for $2\frac{1}{2}$ hours in 275 oven.

Allow the cake to stand for a full half hour before turning out of the pan. Cool on wire rack.

SOUR CREAM FUDGE CAKE

(Easy to make without an electric mixer)

- 2 cups flour
- $1\frac{1}{2}$ cups sugar
- 1 teaspoon soda
- 1 teaspoon salt
- $2\frac{1}{2}$ ozs. soft butter
- 1 cup sour cream
- 3 ozs. melted chocolate
- 2 eggs
- 1 teaspoon vanilla
- $\frac{1}{4}$ cup hot water

Preheat oven to 375. Grease and flour a 13 in. x 9 in. x 2 in. pan.

Sift flour, sugar, soda and salt. Add the butter and sour cream and beat. Add the chocolate, eggs, vanilla and hot water and beat until ingredients are well blended. Turn the batter into the tin and bake for about 30 minutes. Cool the cake in the pan for at least 5 minutes before turning it out.

DEVIL'S FOOD CAKE

- 3 ozs. melted chocolate (never melt chocolate over direct heat but always over hot water)
- $2\frac{1}{4}$ cups flour
- 2 teaspoons bicarbonate of soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ lb. butter
- $2\frac{1}{2}$ cups brown sugar, firmly packed
- 3 eggs
- 2 teaspoons vanilla
- $\frac{1}{2}$ cup plus 1 tablespoon sour milk
- 1 cup boiling water

Preheat oven to 375. Grease and flour two 9 in. layer pans.

Sift flour, salt and soda and set aside.

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add chocolate and vanilla and mix well. Add flour alternately with the milk, beginning and ending with flour mixture. Beat only until smooth. Add water and stir until mixture is smooth. This batter is runny. Pour into tins and bake for about 30 minutes.

DEVIL'S FOOD CAKE MADE WITH COCOA

Preheat oven to 375. Grease and flour two 9 in. layer pans or 13 in. x 9 in. rectangular pan.

Sift together:

- $1\frac{3}{4}$ cups flour
- $1\frac{1}{4}$ teaspoons soda
- 1 teaspoon salt
- $\frac{1}{3}$ cup cocoa

Cream together $\frac{1}{4}$ lb. butter and $1\frac{1}{2}$ cups sugar. Add 2 eggs, one at a time. Add the flour mixture alternately with 1 cup plus 2 tablespoons milk mixed with 1 teaspoon vanilla.

Pour into prepared pans. Bake for approximately 30 minutes. Ice with butter icing.

CHOCOLATE CAKE FLORIDA

Preheat oven to 375. Grease a glass Pyrex dish 8 in. x 12 in.

- 2 ozs. butter
- 1 cup sugar
- 1 egg
- 1 teaspoon soda
- 1 cup sour milk
- 1 1/4 cups flour
- 1 teaspoon salt
- 2 ozs. chocolate, melted
- 1 teaspoon vanilla

Cream the butter and sugar until soft. Add 1 egg and beat until well mixed. Add the soda to the sour milk and allow to stand. Sift the flour with the salt and add alternately with the sour milk to the butter mixture. Beat so that the batter is smooth. Pour melted chocolate into the mixture. Add the vanilla. Pour batter into Pyrex dish. Bake, remove from the oven and allow to cool in the pan. Frost with the following icing:

- 1 egg white, unbeaten
- 1 1/2 cups icing sugar
- 2 ozs. chocolate
- 2 teaspoons butter
- 2 tablespoons cream
- pinch of salt
- 1 teaspoon vanilla extract

Put egg white into a bowl and gradually beat in icing sugar. Melt the chocolate and butter in the top of a double boiler. Stir to blend. Add to the icing sugar. Stir in the cream, salt and vanilla. Beat until smooth enough to spread.

TRIESTE TART

(It's called Trieste Tart but it's really a Viennese Chocolate Cake.)

- 1/2 lb. butter
- 1 cup sugar
- 6 eggs, separated
- 3 ozs. grated or ground almonds
- 4 ozs. bittersweet chocolate
- 2 ozs. dry breadcrumbs or Matzomeal

Cream the butter and the sugar until light and fluffy. Add the egg yolks, one at a time and beat well after each addition.

Mix the almonds, breadcrumbs and grated chocolate (Cadbury's Flaky Bars could be used). Add to the butter-yolk mixture. Beat whites until stiff and fold gently into batter.

Butter and flour a springform pan — 8 in. Pour in the mixture and bake in 400 oven for about 3/4 hour or until centre is dry to a cake straw. Remove from oven and take off the ring of the springform. Allow to cool and ice with pouring chocolate icing:

Melt 4 ozs. chocolate with 1/2 cup hot water. Make a syrup of 1/2 cup sugar and 3 tablespoons water. Add the chocolate and stir until it boils. Add a walnut-sized piece of butter and 2 dessertspoons cream. Cook a little longer, stirring until it thickens. Use as icing when it thickens.

SYLVESTER CAKE

- 4 eggs
- 4 ozs. castor sugar
- 4 ozs. flour
- 1 oz. (1/2 cup) cocoa
- 4 ozs. melted butter
- finely chopped almonds

Beat sugar and eggs until thick and lemon-coloured. Sift flour and cocoa together and fold into the egg mixture. Stir in the cooled, melted butter. Pour the mixture into a well-buttered springform cake tin. Sprinkle the tin with finely chopped nuts. Bake in 400 oven for 25 minutes. When the cake comes away from the sides of the tin it is ready. Remove from oven and allow to cool. Split cake in two. Make a syrup by mixing 1/2 cup sugar with 1/2 cup water. Stir until the sugar is dissolved and continue to boil for a few minutes over low heat until it is syrupy. Remove from heat and add 1 teaspoon vanilla and 2 tablespoons rum. Pour the syrup over the cut sides of the cake. Spread whipped, sweetened cream between the layers and over the top of the cake. Decorate with grated chocolate.

MOCHA CAKE

- 4 eggs plus 2 egg whites
- 1 tablespoon coffee essence
- 1 teaspoon baking powder
- 3/4 cup sugar
- 1 cup flour

Sift the flour, salt and baking powder. Beat the eggs and sugar until very thick and light in colour. Add the dry ingredients. Fold in the stiffly beaten egg whites. Pour batter into 2 greased and floured heart-shaped tins. Bake in 325 oven for 3/4 hour.

FILLING:

- 1/2 pint sweet cream
- 1/3 cup castor sugar
- 1 tablespoon coffee essence

Whip all the ingredients together. Sandwich the cake with the cream filling and leave some to decorate the top. Sprinkle chopped walnuts over the cream.

WALNUT OR HAZELNUT TORTE

- 6 eggs, separated
- 3/4 cup sugar
- 1 1/2 cups ground walnuts or hazelnuts
- 1/2 teaspoon baking powder
- 1 dessertspoon instant coffee
- 2 tablespoons jam
- 1/2 pint cream, whipped

Beat egg whites until stiff, add sugar and mix well. Blend in yolks one at a time. Mix walnuts and baking powder and add to the mixture with the coffee. Pour into a deep 9 in. buttered tube pan or a 9 in. x 5 in. x 3 in. loaf tin. Bake in moderate oven, 375, for about half-an-hour. Cool. Spread jam on top of cake and cover with whipped cream.

KRANSKUCHEN

- 2 cups flour
- 2 dessertspoons sugar
- 2 teaspoons baking powder
- 2 ozs. butter
- 1 egg
- $\frac{1}{2}$ cup thick sour cream

FILLING:

- Apricot jam
- Currants
- Sultanas
- Chopped nuts
- Cinnamon
- Chopped nuts for decoration

Cut butter into small pieces. Sift dry ingredients and mix with butter. Use a knife. Take well-beaten egg and add to mixture, then add cream, making a soft dough. Place in refrigerator for half-an-hour. Roll into an oblong shape and cover with apricot jam, fruit, chopped nuts and sprinkle with cinnamon. Fold in sides and roll twice, lengthwise. Place on a well-greased pan in the shape of a horseshoe and cut outer edge deeply, about 1 in. apart. Bake in moderate oven—375—for between 30 and 40 minutes. Take out of oven 10 minutes before the end of baking and brush with beaten egg and sprinkle with chopped nuts. While still warm pour over a mixture of icing sugar and water or lemon juice.

BIENENSTICH CAKE

- $\frac{1}{4}$ lb. butter
- $\frac{1}{3}$ cup sugar
- 1 egg
- 2 cups flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons milk

Cream the butter with the sugar. Beat in the egg until smooth. Sift the flour, baking powder and salt and add alternately to the butter mixture with the milk. Turn the batter into a greased and floured springform pan.

Spread the following topping over the cake:

- $\frac{1}{4}$ lb. butter
- $\frac{1}{2}$ cup sugar
- 1 cup chopped nuts
- 2 tablespoons milk
- 1 teaspoon vanilla

Melt the butter in a saucepan. Add the sugar, nuts, vanilla and milk. Bring the ingredients to the boil. Cool.

Bake cake in 425 oven for about 25 minutes. Cool the cake and cut through the middle. Fill the centre with jam or a pastry cream. Sprinkle icing sugar over the top of the cake before serving.

HONEY CLUSTER CAKE (STRUFOLI)

Sift into a bowl:

- 2 cups flour
- $\frac{1}{4}$ teaspoon salt

Beat 3 eggs and add to flour with 1 teaspoon vanilla. Make a soft dough.

Turn the dough on to a floured board and knead well. Divide dough in half. Roll each half $\frac{1}{4}$ in. thick to form a rectangle. Cut dough into strips $\frac{1}{4}$ in. wide. Roll the dough to pencil thickness with your hands. Cut into $\frac{1}{2}$ in. pieces.

Fry the pieces in hot oil or vegetable fat for about 4 minutes. They must be lightly browned. Only fry a few at a time. Remove them from the oil with a slotted spoon and drain on brown or absorbent paper.

Cook together for 5 minutes:

- 1 cup honey
- 1 tablespoon sugar

Remove from heat and add the fried dough. Stir until all the pieces are coated with the mixture. Place the clusters on a large serving platter. Chill slightly and shape into a cone-shape mound. Sprinkle with multicoloured coffee sugar.

FARFEL CAKE

- $\frac{1}{4}$ lb. butter
- $\frac{1}{2}$ cup sugar
- 2 cups flour
- 1 egg
- 1 tablespoon oil
- 2 teaspoons baking powder
- 2 teaspoons vanilla
- pinch of salt

Cream butter, sugar and oil. Add beaten egg. Add flour and rest of ingredients to mixture. Make firm dough. Grate half mixture into a well-buttered tin. Spread a layer of jam over this. Grate rest of dough over jam and bake in 350 oven for 30 minutes.

COCONUT MERINGUE CAKE

- $\frac{1}{4}$ lb. butter
- $\frac{1}{2}$ cup sugar
- 3 eggs, separated
- 1 cup flour
- 1 teaspoon baking powder
- pinch of salt
- $\frac{1}{2}$ cup milk
- 1 teaspoon vanilla essence

Cream butter and sugar well. Add yolks one at a time and then vanilla essence. Sift flour, baking powder and salt and add to mixture alternately with the milk.

TOP:

Whisk the whites until fairly stiff. Add $\frac{1}{2}$ cup sugar a little at a time and beat until very stiff. Fold in 1 cup coconut and spread on top of cake. Bake in 350 oven for 30 minutes (ground almonds may be substituted for the coconut).

AMBROSIA CAKE

- 2 eggs
- $\frac{2}{3}$ cup sugar
- 6 ozs. butter
- $\frac{2}{3}$ cup flour
- $\frac{1}{2}$ teaspoon baking powder

Beat eggs and sugar until white and fluffy. Work butter until creamy and add. Sift flour and baking powder and stir in until well blended. Pour into buttered and crumbed 8 in. pan. Bake in 325 oven for about 25 minutes. Cool for 10 minutes and ice as follows:

Stir 1 tablespoon orange juice with $\frac{1}{2}$ cup icing sugar. Spread over cake and sprinkle 3 tablespoons chopped candied peel and a few chopped almonds.

MAZARIN CAKE

- $\frac{1}{2}$ cup butter ($\frac{1}{4}$ lb.)
- $\frac{1}{4}$ cup icing sugar
- 1 egg yolk
- 1 cup flour

FILLING:

- $\frac{1}{2}$ cup sugar
- 3 ozs. butter
- $\frac{3}{4}$ cup ground almonds
- 2 eggs

Cream butter and sugar very well. Add egg yolk and flour. Stir until smooth. Leave dough in refrigerator for 1 hour. Roll out dough and line a 8 in. or 9 in. Pyrex pie dish with it. Spread filling evenly. To make the filling, cream the butter and the sugar and add the almonds and the eggs until well blended.

Bake in 325 oven for 25 minutes. Cool in tin. Sprinkle with icing sugar mixed with a little water or lemon juice until of pouring consistency.

GREEK WALNUT CAKE WITH SYRUP (KARIDOPITA)

- $\frac{1}{4}$ lb. butter
- $1\frac{1}{4}$ cups sugar
- 4 eggs
- $\frac{3}{4}$ cup Farina (cream of wheat)
- 2 teaspoons baking powder
- $\frac{3}{4}$ cup ground walnuts
- $\frac{1}{4}$ cup milk
- 1 teaspoon vanilla
- 1 cup water
- 1 tablespoon lemon juice

Cream the butter and $\frac{3}{4}$ cup sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Add the Farina, baking powder, salt, walnuts, milk and vanilla, beating steadily. Pour into a buttered and floured 10 in. loaf pan. Bake in 375 oven for 30 minutes, or until a cake tester comes out clean. While the cake is baking, prepare the syrup.

Place the remaining $\frac{1}{4}$ cup sugar in a saucepan with the water and lemon juice. Bring to the boil and cook over low heat until the mixture is thick and syrupy. Pour over the hot cake and serve from the pan. It can be served hot or cold.

GOLD AND WHITE ANGEL CAKE**GOLD BATTER**

- 6 yolks
- $\frac{3}{4}$ cup sugar
- pinch of salt
- $\frac{1}{3}$ teaspoon baking powder
- $\frac{3}{4}$ cup flour
- $\frac{1}{4}$ cup boiling water
- 1 teaspoon vanilla

WHITE BATTER:

- 6 whites
- $\frac{1}{2}$ teaspoon cream of tartar
- pinch of salt
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ teaspoon almond extract

Mix white batter first. Sift together 4 times $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup flour, pinch of salt and $\frac{1}{2}$ teaspoon cream of tartar. Beat egg whites well and fold in gradually the dry ingredients. Flavour with almond extract. Place in large ungreased tube tin.

Mix gold batter. Sift together 4 times $\frac{3}{4}$ cup sugar, a pinch of salt, $\frac{3}{4}$ cup flour and 1 teaspoon baking powder. Beat yolks until very light and fold in dry ingredients, alternating with $\frac{1}{4}$ cup boiling water. Fold in $\frac{1}{2}$ teaspoon vanilla. Place by spoonfuls on top of white batter in pan. Bake in 350 oven for 50 minutes. Do not open the oven door for at least 30 minutes. Remove the pan from the oven. Hang it on a bottle and allow it to cool completely. Run a sharp knife around the edge and centre to loosen it, bang it hard on the table top and the cake will fall out easily.

N.B.—Sponge cakes, chiffon cakes and angel cakes should always hang, either on a bottle or on a wire cake cooler after removing them from the oven. Let them cool completely before attempting to take them out of the tin. If you follow these instructions your cakes will not be heavy. If a recipe for a sponge cake tells you specifically to grease the tin, then do so. Never grease a tin for a cake which is going to hang on a bottle to cool. It will fall out of the tin.

COCOA ANGEL CAKE

Sift before measuring $\frac{3}{4}$ cup flour. Resift 4 times together with $\frac{1}{4}$ cup cocoa and $\frac{1}{4}$ cup sugar. Sift separately 1 cup sugar. Whip until foamy $1\frac{1}{4}$ cups egg whites. Add 1 teaspoon cream of tartar. Whip until stiff but not dry. Fold in the sifted sugar, 1 tablespoon at a time. Add 1 teaspoon vanilla and 1 teaspoon almond extract. Sift the flour mixture about one quarter at a time over the batter and fold in. Bake in ungreased 9 in. tube pan in 350 oven for about 45 minutes. Hang on bottle to cool.

WHITE COCONUT CAKE

Bake 2 layers as in the previous recipe. Make the icing and add $\frac{1}{2}$ cup coconut to $\frac{1}{2}$ cup. Spread this between the layers. Spread the top and sides with the rest of the icing. Sprinkle with coconut.

LADY BALTIMORE CAKE

Grease and flour two 9 in. layer pans.

Cream together until fluffy:

- $\frac{1}{4}$ lb. butter
- $1\frac{1}{2}$ cups sugar

Sift together

- $2\frac{1}{2}$ cups flour
- 1 teaspoon salt
- 2 teaspoons baking powder

Mix in flour mixture alternately with 1 cup plus 2 dessertspoons milk. Fold in 4 egg whites, stiffly beaten. Bake in 375 oven for 30 minutes.

LADY BALTIMORE ICING

Boil together

- $1\frac{1}{2}$ cups sugar
- $\frac{1}{8}$ teaspoon cream of tartar
- $\frac{2}{3}$ cup water

Stir until sugar is dissolved and then boil over low heat until sugar spins a thread. Pour slowly over 2 stiffly beaten egg whites. Beat until mixture holds its shape.

Take $\frac{1}{3}$ cup of this icing and mix it with $\frac{1}{2}$ cup chopped nuts and $\frac{1}{4}$ cup chopped crystallized fruit. Spread this mixture between the layers and cover the top and sides of the cake with the rest of the icing.

FRANKFURTER KRANSKUCHEN

- $3\frac{1}{2}$ cups flour
- 3 teaspoons baking powder (4 teaspoons at sea level)
- 1 cup butter
- $1\frac{1}{2}$ cups sugar
- 6 eggs, separated
- $1\frac{1}{2}$ teaspoons vanilla essence

Cream the butter and sugar very well. Add the egg yolks, one at a time. Mix in vanilla. Fold in flour and baking powder until well blended. Beat the egg whites until stiff and fold in. Turn into a floured 9 in. tube pan or a big fluted mould. Bake in 300 oven for at least 1 hour. Remove from mould and cool on a wire rack. Split the cake into 3 layers, fill them with butter cream and sprinkle with praline. Top the whole cake with apricot glaze.

BUTTER CREAM

Cream $\frac{1}{2}$ cup soft butter, 1 cup icing sugar, $1\frac{1}{2}$ teaspoons vanilla till light and fluffy. Add 2 cups icing sugar slowly and alternately with 2 table-spoons cream. Mix till smooth.

PRALINE

Melt 1 cup sugar in a heavy pan. Stir until light brown. Sprinkle $\frac{1}{2}$ cup slivered almonds over the sugar and pour the mixture into a well-oiled cake tin. It will harden immediately. Allow to cool and crush it with a heavy rolling pin. Sprinkle half the nuts over the butter cream and sprinkle the rest over the top and sides of the cake.

APRICOT GLAZE

Melt $\frac{1}{2}$ cup smooth apricot jam in a saucepan. Add 1 tablespoon lemon juice. When the mixture is blended, pour it over the cake.

PARIS BREST (Cream Puff Cake)

Make a choux paste as follows:

Boil together

- 1 cup water
- $\frac{1}{4}$ lb. butter
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sugar

Add all at once 1 cup flour. Stir briskly until the dough leaves the sides of the pan. Beat in, one at a time, 4 eggs. If the eggs are very large, then 3 will probably be enough.

Trace an 8 in. circle on a greased and floured baking sheet. With a large plain tube press out a circle about $1\frac{1}{2}$ in. high on the marked ring. Brush with egg yolks mixed with a little milk and sprinkle with blanched shredded almonds. Bake in 450 oven for 15 minutes and turn down the heat to 350 and bake another 30 minutes. Cool. Split the cake horizontally and spread with sweetened whipped cream or with pastry cream. Sprinkle the top with icing sugar.

TOPFENKUCHEN

(Austrian Cheesecake—not a tart)

- 6 ozs. cream cheese
- 6 ozs. butter
- 6 ozs. ground nuts (almonds, hazel, cashew or walnuts)
- 6 ozs. sugar
- 6 eggs
- juice and grated rind of 1 large lemon
- $\frac{1}{3}$ cup flour

Cream together the cheese, butter, nuts, sugar, egg yolks, lemon juice and rind. Carefully fold in the stiffly beaten egg whites and the flour. Pour the mixture into a greased and floured 9 in. loose-bottomed cake tin. Bake at 475 for 15 minutes and then reduce heat to 375 and bake for another 25 minutes. Test with a cake tester for doneness. The nuts make this cake expensive. You can substitute currants, which have been plumped, for some of the nuts. Use then, 3 ozs. ground nuts and 4 tablespoons semolina.

POPPY-SEED CAKE

- $\frac{3}{4}$ cup scalded milk
- 1 cup poppy seeds
- 6 ozs. butter
- $1\frac{1}{2}$ cups sugar
- 3 cups flour
- 3 teaspoons baking powder
- 1 cup milk
- 4 egg whites

Pour hot milk over poppy seeds and allow to soak for several hours. Cream butter and sugar until light and fluffy. Add poppy seed mixture and mix well. Sift flour and baking powder together and add alternately with the milk. Beat the egg whites until stiff and fold into mixture. Pour batter into 2 well-greased and floured 9 in. layer pans. Bake in 375 oven about 25 minutes. Ice with white icing.

BURNT SUGAR CAKE**CARAMEL SYRUP**

- 1 cup sugar
- $\frac{3}{4}$ cup boiling water

Caramelize 1 cup sugar in a heavy iron frying pan. Stir it all the time until it is light brown in colour. Add the boiling water and stand away from the stove. Stir it and cook until it becomes a thin syrup.

CAKE

- $\frac{1}{4}$ lb. butter
- $1\frac{1}{2}$ cups sugar
- 3 eggs, separated
- 2 cups flour
- 1 cup water
- 3 tablespoons caramel syrup
- 2 teaspoons baking powder mixed with $\frac{1}{2}$ cup flour
- 1 teaspoon vanilla

Cream the butter and the $1\frac{1}{2}$ cups sugar. Add the egg yolks, one at a time. Add the 2 cups flour alternately with the 1 cup of water. Add 3 tablespoons caramel syrup. Add the baking powder mixed with the flour, and finally fold into the batter the egg whites, stiffly beaten with 1 teaspoon vanilla. Bake in 8 in. or 9 in. layer tins, greased and floured, in 375 oven for about 20-25 minutes.

ICING

Make a firm butter icing and use as the liquid for thinning the icing the caramel syrup which you have over. An alternative icing is to add 1 cup sugar to the rest of the caramel icing. Boil it until it threads and pour it over 2 stiffly beaten egg whites. Continue beating until it is thick enough to spread between and over the top and sides of the cake. This icing is similar to the American 7-minute icing. It takes less time to make. Seven-minute icing usually involves 27 minutes of beating.

ANGEL CAKE (fat free)

- 1 cup sifted flour
- $1\frac{1}{2}$ cups sugar
- $1\frac{1}{4}$ cups egg whites
- $1\frac{1}{4}$ teaspoons cream of tartar
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla
- 1 teaspoon almond extract

Sift the flour 4 times with $\frac{1}{2}$ cup sugar.

Beat the egg whites until foamy. Add the cream of tartar and salt and beat until soft moist peaks form when the beater is withdrawn. Add the remaining sugar about 2 tablespoons at a time, beating in after each addition. Add vanilla and almond extract.

Sift about one quarter of the flour sugar mixture at a time over the meringue. Fold in very carefully until no flour shows. Turn batter into ungreased 10 in. tube tin and bake in 350 oven for about 45 minutes. Invert tube on a bottle to cool.

HONEY CAKE (LEKACH)

- 2 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup strong coffee
- $\frac{1}{2}$ cup honey
- 1 tablespoon oil
- $1\frac{3}{4}$ cups flour
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{4}$ teaspoon allspice
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon bicarbonate of soda
- 1 cup chopped nuts or $\frac{1}{2}$ cup chopped nuts and $\frac{1}{2}$ cup sultanas
- 2 tablespoons brandy

Beat the eggs. Add sugar gradually and continue beating until light. Combine honey and coffee. Stir into oil. Combine with the egg mixture. Sift together flour, baking powder, soda and spices. Add nuts to flour mixture and turn egg mixture into dry ingredients, blending well. Stir in brandy. Grease and flour a loaf tin and pour the batter into it. Bake in 375 oven for about 50 minutes or until a cake tester comes out clean.

VIENNESE ALMOND CAKE

- 6 ozs. butter
- 1 cup sugar
- 2 eggs
- $\frac{3}{4}$ cup flour
- 2 tablespoons cream
- $\frac{1}{2}$ cup slivered almonds
- 1 tablespoon flour

Cream 4 ozs. butter and $\frac{1}{2}$ cup sugar till creamy and light. Add eggs, one at a time. Fold in $\frac{1}{2}$ cup flour. Grease and flour a deep 8 in. layer pan. Pour batter into pan and bake in 375 oven for 25 minutes. Meanwhile, in a saucepan, combine 2 ozs. butter, $\frac{1}{2}$ cup sugar, cream and $\frac{1}{2}$ of the almonds. Bring to the boil and stir over medium heat. Add 1 tablespoon flour. Simmer for $\frac{1}{2}$ minute and remove from heat. When the cake has baked for 25 minutes, remove it from the oven. Spread nut mixture over the top. Sprinkle the rest of the nuts over all. Bake for another 20 minutes. Remove from oven and allow to cool slightly before removing from pan.

MARBLE CAKE

Prepare the same cake batter as for Lady Baltimore Cake but before whipping the egg whites, divide the batter into two parts. Add to one half the following mixture:

- $1\frac{1}{2}$ ozs. melted chocolate
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon cloves
- $\frac{1}{8}$ teaspoon soda

Whip the egg whites and fold half into the dark and half into the light batter. Place spoonfuls of batter into a 9 in. tube pan, greased and floured. Alternate light and dark batter. Bake in 375 oven for about 50 minutes.

BLITZTORTE**CAKE**

- 1/4 lb. butter
- 1 cup sugar
- 4 yolks
- 1 cup cake flour
- 1 teaspoon baking powder
- 3 tablespoons milk
- 1 teaspoon vanilla

TOPPING

- 4 egg whites
- 3/4 cup sugar
- 1 cup chopped nuts

Cream the butter and the sugar until fluffy. Add the egg yolks one at a time, beating well after each addition. Sift flour and baking powder and add alternately with milk and vanilla. Put batter into two 8 in. layer pans, greased and floured. Make topping:

Beat whites until stiff and gradually add sugar. Continue to beat until very stiff. Spread both layers with meringue and sprinkle nuts over tops. Bake in 375 oven for 30 minutes. Cool and fill with sweetened whipped cream or pastry cream.

SWEET CREAM CAKE

Grease and flour two 9 in. layer pans.

- 2 cups flour
- 2 1/4 teaspoons baking powder
- 3/4 teaspoon salt
- 1 cup cream
- 1 1/3 cups castor sugar
- 1/2 cup water
- 1 1/2 teaspoons vanilla
- 3 egg whites

Sift flour, salt and baking powder. Whip until stiff 1 cup cream. Fold into the cream the sugar. Add very slowly 1/2 cup water mixed with vanilla. Whip until stiff, but not dry, 3 egg whites. Combine the cream and egg whites and fold in the sifted ingredients a few tablespoons at a time. Bake in 375 oven for 25 minutes (this is a very easy cake to make without an electric mixer).

YOGHOURT CAKE

- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1 cup sugar
- 2 eggs, separated
- 1 cup yoghurt or sour cream
- 1 teaspoon vanilla

Sift flour, baking powder, soda and salt. Beat yolks very well and add sugar. Beat until very thick. Add dry ingredients alternately with yoghurt or cream and vanilla. Beat egg whites until stiff and fold in. Bake in 375 oven for 30 minutes. Test with cake tester.

SOUR-CREAM SPICE CAKES

Add 1 1/2 teaspoon cinnamon, 3/4 teaspoon cloves and 1/2 teaspoon allspice with dry ingredients. Both the previous recipes can be used for making cupcakes. Fill greased and floured muffin tins about two-thirds full. Bake in 435 oven for about 15 minutes.

UPSIDE-DOWN CAKE

(This cake can be made in a heavy iron frying pan or in an 8 in. x 8 in. x 2 in. pan.)

Melt in the pan 3 ozs. butter. Add 1 cup brown sugar. Stir until dissolved. Take pan off heat and arrange fruit in a pattern. Use pineapple slices, maraschino cherries and pecan nuts or sliced peaches or apricots. Cover the fruit with the following batter:

- 4 tablespoons butter
- 3/4 cup sugar
- 1 egg
- 1 1/2 cups flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/2 cup milk
- 1 teaspoon vanilla

Cream the butter and 3/4 cup sugar until fluffy. Beat 1 egg and add. Sift the flour with the baking powder and salt. Add alternately to butter mixture with the milk, beating after each addition. Add vanilla extract. Bake in 375 oven for about 25 minutes or until cake tester comes out clean. Turn upside down while hot. Sprinkle the fruit with a little rum or brandy and serve with whipped cream.

COCONUT CAKE SUPREME

Grease and flour two 9 in. layer pans.

Sift together and set aside:

- 3 1/4 cups flour
- 3 1/2 teaspoons baking powder
- 1/2 teaspoon salt

Cream 6 ozs. butter with 1 1/2 teaspoons grated orange rind and 2 cups sugar. Add 2 egg yolks one at a time.

Combine 3/4 cup water with 1/2 cup orange juice and 2 tablespoons lemon juice. Add the dry ingredients alternately with the liquid. Beat only until smooth. Blend in 1/2 cup coconut.

Beat until stiff 4 egg whites and fold carefully into batter. Turn batter into pans. Bake in 375 oven for 30 minutes or until cake tester comes out dry.

Ice with orange butter icing:

Cream 3 ozs. butter with 3 cups icing sugar and blend in 3 tablespoons orange juice. Add a little orange rind if you like it.

MOCHA NUT CAKE

- 6 ozs. butter
- 1 $\frac{1}{4}$ cups sugar
- 2 eggs
- 1 teaspoon vanilla
- $\frac{2}{3}$ cup chopped nuts
- 1 cup milk
- 2 cups flour
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons baking powder

Cream the butter with the sugar until fluffy. Add the eggs, one at a time. Add the vanilla and chopped nuts. Stir in the milk and beat batter until smooth. Sift the flour with the salt and the baking powder. Gradually add to the mixture and blend well.

Grease and flour two 9 in. cake pans. Pour the batter into the pans. Bake in 400 oven for 20 minutes. Cool and spread with Mocha Frosting. Cream 3 ozs. butter with 3 cups icing sugar. Add 3 tablespoons very strong coffee.

BUTTER SPONGE CAKE

- 3 eggs
- $\frac{3}{4}$ cup sugar
- 2-4 ozs. butter melted in $\frac{1}{2}$ cup hot milk or water
- 1 $\frac{1}{2}$ cups flour
- 2 teaspoons baking powder
- 1 teaspoon vanilla

Beat eggs and sugar very well. Add butter-water mixture. Fold in flour. Flavour with vanilla and finally fold in baking powder. Bake in two 6 in. layer pans, greased and floured, in 375 oven for about 15 minutes.

VARIATIONS**CHOCOLATE CAKE**

Substitute $\frac{1}{2}$ cup cocoa for $\frac{1}{2}$ cup flour.

COFFEE CAKE

Substitute hot coffee for the hot water.

MOCHA CAKE

Make as for chocolate cake and use coffee instead of water.

CARAMEL CAKE

Substitute brown sugar for white.

ORANGE CAKE

Substitute orange juice for water and add orange rind. The orange cake does not keep as well as the others.

This is a wonderful cake and has a great many uses. It can be baked as a flan. It can be used as the batter for an upside-down cake. It can be made into cupcakes and it can be doubled, trebled and quadrupled very easily. Provided you beat the eggs until very thick, nothing can go wrong. I prefer water to milk. It makes the cake lighter and it does not go dry so easily.

ORANGE KISS-ME-CAKE

Mince together:

- 1 large orange, pulp and rind
- 1 cup sultanas
- $\frac{1}{3}$ cup walnuts or pecan nuts

Sift together:

- 2 cups flour
- 1 teaspoon soda
- 1 teaspoon salt
- 1 cup sugar

Add:

- $\frac{1}{4}$ lb. soft butter
- $\frac{3}{4}$ cup milk

Beat together for 2 minutes or until batter is well blended

Add:

- 2 eggs, one at a time
- $\frac{1}{4}$ cup milk

Beat for another 2 minutes. Fold orange-sultana mixture into the batter. Pour into a well-greased and floured 12 in. x 8 in. x 2 in. pan or 13 in. x 9 in. x 2 in. pan. Bake in 375 oven for 40 minutes.

Sprinkle orange nut topping over cake:

Drip $\frac{1}{2}$ cup orange juice over warm cake.

Combine:

- $\frac{1}{3}$ cup sugar
- 1 teaspoon cinnamon
- $\frac{1}{4}$ cup chopped walnuts

CUSTARD CAKE

- 3 cups flour
- 4 tablespoons Maizena
- 6 ozs. butter
- $\frac{1}{2}$ cup sugar
- 1 egg
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 lemon

Sift together flour, Maizena, baking powder and salt. Grate butter into flour mixture and mix with finger tips until fine, like breadcrumbs. Beat egg and sugar and add the rind and juice of 1 lemon. Mix into dry ingredients. If the dough is too stiff, then add a little water. Divide dough into 5 equal portions and form each portion into a ball. Place the ball on the bottom of an inverted cake tin and press out with a rolling pin to the size of the tin. Bake in 400 oven until light brown. This will take about 5 minutes. Slip the layer off the tin on to a cake cooler. Bake all the layers. Fill with pastry cream or alternately with cream and jam. Cover the top and sides with a lemon icing made by mixing lemon juice and icing sugar until of a pouring consistency.

APPLESAUCE CAKE

(The applesauce can be substituted by prunes or any other pureed fruit. Pureed fruits made for babies are wonderful but, of course, it will be cheaper to cook and puree the fruit yourself. The liquidiser is marvellous for this.)

Grease and flour a 13 in. x 9 in. x 2 in. tin. Cream $\frac{1}{4}$ lb. butter with 2 cups sugar. Add 2 eggs one at a time. Add $1\frac{1}{2}$ cups applesauce and $\frac{3}{4}$ cup water alternately with the following sifted dry ingredients:

- $2\frac{1}{2}$ cups flour
- $\frac{1}{4}$ teaspoon baking powder
- $1\frac{1}{2}$ teaspoons bicarbonate of soda
- $1\frac{1}{2}$ teaspoons salt
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon cloves

Finally add $\frac{1}{2}$ cup chopped nuts and 1 cup sultanas which have been plumped in boiling water. Bake in 375 oven for 40 minutes.

SPICE CAKE

Grease and flour a 13 in. x 9 in. x 2 in. rectangular pan.

Sift together:

- $2\frac{1}{4}$ cups flour
- 1 cup sugar
- 1 teaspoon baking powder
- $\frac{3}{4}$ teaspoon soda
- 1 teaspoon salt
- $\frac{3}{4}$ teaspoon cloves
- $\frac{3}{4}$ teaspoon cinnamon

Add:

- 6 ozs. soft butter
- $\frac{3}{4}$ cup brown sugar
- 1 cup plus 2 tablespoons sour milk

Beat for 2 minutes.

Add 3 eggs, one at a time. Beat until well blended. Bake in 375 oven for 45 minutes.

AMERICAN STRAWBERRY SHORTCAKE

- 2 cups flour
- 3 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons sugar
- 3 ozs. butter
- 2 egg yolks, lightly beaten
- $\frac{1}{2}$ cup milk

Sift flour with baking powder, salt and sugar. Work in the butter as you do in a scone dough. Add milk and eggs, mixed together, a little at a time. Stir with a fork until mixture holds together. It should be fairly soft. Turn out on to a floured board and pat or roll into 4 rounds. Place on a greased baking sheet and bake in 450 oven for about 12 minutes. To serve: Split carefully with a fork. Spread with softened butter and spoon sweetened strawberries between layers and on the top. Serve warm with thick cream.

BANANA CAKE

- $\frac{1}{4}$ lb. butter
- $1\frac{1}{2}$ cups sugar
- 4 eggs
- 1 cup mashed bananas
- 1 cup chopped nuts
- $\frac{1}{3}$ cup sour milk
- 1 teaspoon vanilla
- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon soda dissolved in 1 tablespoon hot water

Cream butter and sugar until fluffy. Add eggs, one at a time. Add banana pulp, nuts and sour milk. Fold in dry ingredients and finally the bicarbonate of soda. Bake in 2 greased and floured 9 in. layer pans in 375 oven for approximately 20 minutes. Ice with caramel icing:

- 2 egg whites
- 1 cup light brown sugar
- $\frac{1}{4}$ cup water
- 1 teaspoon vanilla
- pinch of salt

Combine egg whites, sugar, pinch of salt and water in top of double boiler. Beat constantly with a rotary beater until it stands in peaks. If you are lucky this takes 7 minutes but it is much easier if you can bring your electric mixer to the stove. Stir in vanilla. It thickens as it cools.

GOLD LOAF CAKE

Grease and crumb a 9 in. x 5 in. x 3 in. loaf tin. Cream together $\frac{1}{4}$ lb. butter and 1 cup sugar. Add 5 egg yolks, one at a time.

Sift together:

- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon salt

Add 1 cup milk mixed with 1 teaspoon vanilla to the butter mixture alternate with the flour. Bake in 375 oven for 1 hour. Remove cake from tin after standing for 10 minutes. Prick the top of the cake with a fork and pour over the cake orange glaze:

Mix

- $\frac{1}{2}$ cup orange juice
- 1 teaspoon orange rind
- 1 cup icing sugar

Allow this mixture to get warm but not to boil. You can vary this cake by folding in $\frac{1}{2}$ cup chopped nuts or 2 tablespoons coarsely grated chocolate into it after mixing all the other ingredients.

CHIFFON CAKE

Set out but do not grease a 10 in. tube pan.

Sift together into a bowl:

- 2 cups flour
- 1½ cups sugar
- 3 teaspoons baking powder
- 1 teaspoon salt

Make a well in the flour and add:

- ½ cup oil
- 5 egg yolks
- ¾ cup cold water
- 2 teaspoons lemon rind

Beat until stiff but not very dry:

- 7 egg whites
- ½ teaspoon cream of tartar

Pour yolk mixture over whites and fold gently together. Place batter in tin and bake in 350 oven for 50 minutes. Increase heat to 375 and bake for another 10 minutes. Allow the cake to hang on the neck of a bottle until cool.

VARIATIONS TO CHIFFON CAKE**SPICE CHIFFON**

Omit lemon rind. Add to dry ingredients 1 teaspoon cinnamon, ½ teaspoon nutmeg, ½ teaspoon allspice and ½ teaspoon cloves.

ORANGE CHIFFON

Omit vanilla. Add 1 tablespoon orange rind and substitute orange juice for water.

APRICOT AND PINEAPPLE CHIFFON

Omit vanilla. Substitute crushed pineapple or pureed apricot pulp for the water and add 1 tablespoon lemon juice.

CHOCOLATE CHIFFON CAKE

Combine and allow to cool:

- ¾ cup boiling water
- ½ cup cocoa

Sift together into a bowl:

- 1¾ cups flour
- 1¾ cups sugar
- 1½ teaspoons soda
- 1 teaspoon salt

Make a well and add:

- ½ cup oil
- 7 egg yolks
- the cooled cocoa mixture
- 2 teaspoons vanilla

Beat until smooth.

Beat until stiff 7 egg whites with ½ teaspoon cream of tartar. Pour yolk mixture over whites and fold gently into yolks. Bake in ungreased 10 in. tube pan in 350 oven for 50 minutes. Increase temperature to 375 and bake for another 10 minutes.

HEAVENLY CHOCOLATE CAKE

- ¾ cup sugar
- ¾ cup cocoa
- 1 egg
- ¾ cup milk
- 5 ozs. butter
- 1¼ cups sugar
- 3 eggs
- 2¼ cups flour
- 1 teaspoon salt
- ½ teaspoon baking powder
- ¾ cup cold water
- 1¾ teaspoon soda
- ¼ cup warm water
- 1 teaspoon vanilla

Mix ¾ cup sugar and cocoa together. Add 1 egg and beat well. Add milk and blend. Cook over boiling water, stirring often, until mixture is consistency of a thick white sauce. Remove from heat and cool.

Pre-heat oven to 375. Prepare two 9 in. layer pans by greasing and flouring them. Cream butter and sugar until fluffy, add eggs, one at a time, and beat well, add custard and mix thoroughly. Sift baking powder, salt and flour. Add alternately with cold water to which you have added the vanilla. Dissolve the soda in warm water. Stir quickly into the batter.

Turn into pans. Bake in 375 oven for 30 minutes or until done. Cool in pans for at least 5 minutes before turning out. Frost with a butter icing. White icing looks good on a chocolate cake.

DUNDEE CAKE

- ½ lb. butter
- grated rind of 1 lemon
- ½ lb. caster sugar
- 4 eggs
- 2¾ cups flour
- 1¼ teaspoons baking powder
- pinch of salt
- 2 ozs. ground almonds
- ½ lb. sultanas
- 3 ozs. candied peel
- ½ lb. currants
- 2 ozs. cherries
- ½ cup shredded blanched almonds
- 2 tablespoons milk

Grease and flour a 9 in. cake tin.

Cream butter with lemon rind and sugar until fluffy. Add eggs, one at a time. Sift the flour with the salt and baking powder. Fold one-third of the flour into the butter mixture. Add the fruit and ground almonds. Fold in the remaining flour with the milk. Turn the mixture into the tin and cover the top of the cake with the shredded blanched almonds. Bake in 350 oven for 2 hours. Cool for 15 minutes before removing from the pan.

ITALIAN FRIENDSHIP CAKE

(Torta Di Amicizia)

Cream:

6 ozs. butter

1½ cups sugar

Add 3 eggs, one at a time, beating well after each addition.

Sift together:

2½ cups flour

1½ teaspoons baking powder

¼ teaspoon soda

1 teaspoon salt

1 teaspoon cinnamon

Add flour alternately with ⅓ cup sherry mixed with ⅓ cup apple-juice or cider.

Pour batter into 2 greased and floured 9 in. layer pans. Bake in 400 oven for about 20 minutes. Cool. Split layers and spread with apple jelly. Frost the four-layered cake with whipped cream.

DELICIOUS ORANGE CAKE

Preheat oven to 400 and grease and flour two 9 in. layer tins. This makes a very big cake. If you prefer it you can make it in 3 layer tins.

Cream together until fluffy:

6 ozs. butter

1½ cups sugar

rind of 1 orange

Sift dry ingredients and set aside:

3 cups flour

¾ teaspoon salt

3 teaspoons baking powder

Add to butter mixture one at a time and beating after each addition:

Measure

3 eggs

¾ cup orange juice

¼ cup lemon juice

¼ cup water

Add to butter mixture one at a time and beating mixture, starting and ending with flour. Pour batter into tins and bake for about 35 minutes. Ice with orange butter icing and fill with orange cream filling:

Soak 1 teaspoon gelatine in 1 tablespoon hot water.

Combine in a double boiler:

2 tablespoons flour

2 tablespoons Maizena

¾ cup sugar

¾ cup hot water

Stir and cook these ingredients for about 10 minutes. Cover and cook without stirring for another 10 minutes. Add 1 tablespoon butter. Pour part of this mixture over:

2 beaten egg yolks

Beat and pour back into double boiler. Stir until yolks have thickened. Remove custard from heat and add the grated rind of 1 orange and 3 tablespoons each orange and lemon juice. Stir in 2 tablespoons butter or when the custard is cool fold in ½ cup cream, whipped.

ALEXANDER KUCHEN

½ lb. butter

½ cup icing sugar

1 egg yolk

3½ cups flour

1 teaspoon vanilla

Cream butter and icing sugar. Add egg yolk and essence. Mix well. Add flour and mix thoroughly. Divide dough into three portions. Press out thinly on to floured round baking tins. Prick with a fork. Bake in 350 oven for 10-15 minutes. Do not remove from tins until cold and take care not to break the layers. When cold, remove carefully. Put jam between the layers and spread chocolate icing on top and round the edges. Decorate top with chocolate vermicelli and place a few cherries round the top. You can also spread custard or applesauce between the layers.

EXOTIC GINGER CAKE

3 eggs

1 eggcup oil

½ cup black tea

1 cup flour

1 dessertspoon mixed spice

1 teaspoon cinnamon

1 cup sugar

1 cup syrup

2 cups self-raising flour

(or 2 cups flour to 1½ teaspoons baking powder)

1 teaspoon bicarbonate of soda

1 teaspoon ginger

1 teaspoon cocoa

Beat eggs and sugar very well. Add oil and syrup. Add flour sifted with spices. Dissolve the soda in the black tea. Lastly add the sultanas, which have been plumped in hot water and over which you have sprinkled a little flour. Bake in greased pan 9 in. x 12 in., or in loaf pan or in two layer pans in 325 oven. Loaf cake will take about 1 hour, oblong tin about ¾ hour and layers about 35 minutes.

LARGE THREE COLOUR BIRTHDAY CAKE

6 cups flour

½ lb. butter

2 cups sugar

6 eggs

1 teaspoon lemon essence

1 cup milk

1 cup water

½ teaspoon salt

6 teaspoons baking powder

Cream butter and sugar. Add eggs, one at a time and beat well. Add lemon essence. Add milk and water mixed, alternately with sifted dry ingredients. Divide mixture into three parts. Leave one part plain, colour one part pink and melt 2 ozs. chocolate in a little hot water and add to the third part. Grease 3 pans, 12 in. x 9 in. x 2½ in. Bake each colour in a separate pan. Bake in 375 oven for about 45 minutes.

DEVONSHIRE CREAM

- $\frac{3}{4}$ cup caster sugar
- 3 eggs
- 1 cup flour
- 1 teaspoon baking powder
- 1 heaped tablespoon butter
- $\frac{1}{2}$ cup boiling water
- pinch of salt
- 1 teaspoon vanilla

Beat sugar and eggs to a thick cream. Fold in flour alternately with hot water mixed with melted butter. Bake in two round tins for 10-15 minutes in 400 oven. Sandwich together with sweetened whipped cream. Cover the top with thin chocolate icing.

You can also make a Devonshire cream cake from a basic spongecake dough. Make the cake with 4 eggs, 1 cup sugar and 1 cup flour, pinch of salt and 1 teaspoon vanilla. Bake in 375 oven for about 25-30 minutes. Cool cake and split in half with a long breadknife.

PLAIN LAYER CAKE

- $1\frac{1}{2}$ cups flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- 3 ozs. butter
- $\frac{3}{4}$ cup sugar
- 2 eggs
- $\frac{1}{2}$ cup plus 1 tablespoon milk
- 1 teaspoon vanilla

Sift flour, baking powder and salt. Cream butter and sugar until fluffy. Add eggs one at a time, beating well after each addition. Add flour alternately with the milk. Pour into two greased and floured 8 in. baking pans. Bake in 375 oven for about 20 minutes.

GINGERBREAD GATEAU

- 1 egg
- 8 ozs. black treacle
- $\frac{1}{4}$ lb. butter
- 1 cup sugar
- 2 teaspoons mixed spice
- 3 cups flour
- $\frac{1}{2}$ cup plumped sultanas (pour boiling water over sultanas and drain them)
- 2 teaspoons bicarbonate of soda
- 1 bottle yoghurt (pour it into a break-fast cup and if it does not fill the cup add water to fill)

Mix soda and yoghurt and add to treacle.

Cream butter and sugar and add the egg. Sift remaining dry ingredients.

Combine mixtures and add raisins rolled in a little flour.

Pour batter into two 9 in. greased pans. Bake in 375 oven for about 30 minutes. Cut into squares while hot and in the pan. Cool. Remove squares. Split horizontally and spread with fresh, sliced bananas and sweetened whipped cream. Cover with top layer and garnish with more cream and maraschino cherries.

DATE CAKE WITH A DIFFERENCE

- 8 ozs. butter
- 1 cup sugar
- 4 eggs
- 12 dates
- $\frac{1}{2}$ teaspoon mixed spice
- 1 teaspoon treacle
- $2\frac{1}{2}$ cups self-raising flour (or $2\frac{1}{2}$ cups flour plus $1\frac{1}{2}$ teaspoons baking powder)
- pinch of salt
- 2 ozs. chopped walnuts
- $\frac{1}{2}$ teaspoon cinnamon

Cream butter with sugar, add eggs one at a time, beating well after each addition. Fold in sifted flour and salt, making a soft mixture. Divide mixture in three parts. Divide dough into thirds. Place one third in a greased 8 in. layer tin. Colour another third pale pink. Spread over first mixture. Split dates, fill with finely chopped walnuts. Arrange over pink mixture. Add spice and treacle to remaining third. Mix well. Spread over dates. Bake in 425 oven for 10 minutes. Reduce heat to 375 and bake for another hour. When baked, cool on wire rack. Ice with lemon icing and sprinkle some chopped walnuts over the icing.

SWISS ROLLS

You will find that nearly all recipe call for lining a swiss roll tin with paper and then buttering the paper. I have never found this necessary. I grease the tin very well, flour it and shake off the excess flour. Most recipes call for the separation of the eggs. You must do this if you do not have an electric mixer. But if you do possess a mixer, it is an unnecessary, time-consuming operation. Beat your eggs very, very well in the mixer until thick enough to "ribbon."

For 5 eggs you need a swiss roll tin measuring 10 in. x 15 in. Do not hesitate to vary your measurements according to the size of your tin.

COMMON OR GARDEN SWISS ROLL

(This is the true sponge without baking powder)

- 5 eggs
- 4 dessertspoons sugar
- 3 dessertspoons flour
- 1 teaspoon vanilla

Beat the eggs very well. Add the sugar and beat some more. Add the vanilla and finally fold in the flour. Bake in 425 oven for about 12 minutes. Sprinkle the cake with castor sugar and turn it out at once on to a damp dishcloth. Roll it up in the dishcloth. Allow it to cool. Unroll and spread with jam, whipped cream or whatever filling you choose. Roll it up again. Place it on a plate and sprinkle with icing sugar. If you want a long roll then roll it from the 15 in. side. If you want a shorter roll but thicker then roll from the 10 in. side. Swiss rolls should be eaten on the day they are made. They can be frozen and are delicious with an ice-cream filling. Remove from deep freeze about 20 minutes before using.

Berlin Dough is little Fairy Caterpillar
ginger nuts
Peanut Puffs Page 117
melting moments.

No eggs
Coconut macarons
almond finger
Sesame Biscuits (Box)
Anise Biscuits
Bread Biscuits
Page 115

EASY SWISS ROLL

- 5 eggs
- 1 small teacup sifted flour (American measure)
- 1 small teacup castor sugar
- 1 teaspoon vanilla essence
- 2 1/4 teaspoons baking powder

Sift flour, sugar and cocoa. Fold into very well beaten eggs. Add the vanilla essence and lastly fold in the baking powder. Bake in 425 oven for about 8-10 minutes. Turn it out on to a damp sugared cloth and roll. Leave it to cool. Unroll and fill with desired filling. Re-roll and sprinkle with castor sugar.

VARIATIONS

CHOCOLATE ROLL

Substitute 1/2 cup cocoa for 1/2 cup flour; if you want a coal-black chocolate roll, then substitute all the flour by cocoa. If you want it to be light brown, then substitute only 1 or 2 tablespoons cocoa for flour.

NUT ROLL

Use 1 1/2 cups ground almonds or walnuts in the place of the flour. Fill with sweetened whipped cream, flavoured with coffee essence or a rum-coffee liqueur.

Biscuits and Cookies

MOULDED COOKIES

These are made from a stiff dough and shaped into balls with the palms of the hands. The dough should be placed in the refrigerator an hour before using.

GINGERNUTS

- 2 cups flour
- 1 teaspoon baking powder
- 2 teaspoons ginger
- 1/4 teaspoon allspice
- 3 ozs. butter
- 2 ozs. sugar
- 2 tablespoons golden syrup

Rub the butter into the dry ingredients. Add sugar and mix with warmed syrup to form a dough. Knead lightly, form into balls and put on a greased tin. Flatten them slightly and allow room for spreading. Bake in 400 oven for 8 minutes.

POST TOASTIES BISCUITS

- 1/4 lb. butter 2 tablespoons sugar
- 1/2 cup dates or other fruit, cut up
- 1 egg 1 cup flour
- 1/2 cup chopped nuts
- 1 teaspoon baking powder

Cream butter and sugar. Mix in egg. Add dates, nuts and dry ingredients. Roll into small balls and toss in Post Toasties. Bake on greased tin in 375 oven for 10 minutes (instead of the dates you can use 1/2 cup mixed fruit used for fruit cakes).

CLOVER LEAVES

- 1/4 lb. butter
- 2 tablespoons icing sugar
- 3/4 cup flour
- 1/4 cup ground almonds
- 1/2 teaspoon vanilla
- cherries, angelica, chopped nuts.

Cream butter and sugar until fluffy. Add flour, ground almonds and vanilla. Make small balls of dough with the palms of the hands. Place 3 together on a greased cookie sheet. At junction of leaves place a small strip of angelica or a small piece of crystallized cherry or a few chopped nuts. Bake in 350 oven for 20 minutes.

CHOCOLATE SNAPS

- 1/4 lb. butter
- 1 3/4 cups sugar
- 2 eggs
- 1 1/2 teaspoons vanilla
- 2 ozs. melted chocolate
- 2 cups flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 5 dessertspoons milk
- 1/3 cup icing sugar

Cream butter and sugar. Blend in eggs and vanilla. Add melted and cooled chocolate. Sift together dry ingredients and alternately with the milk. Chill dough for a few hours. Form into small balls. Dip in icing sugar. Place on greased baking tin, allowing room for spreading. Bake in 400 oven for 12 minutes.

CHOCOLATE OATMEAL BALLS

- 6 ozs. butter
- 1 cup tightly packed brown sugar
- 2 ozs. melted chocolate
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1 1/2 cups flour
- 1 1/2 teaspoons vanilla
- 1/4 cup milk
- 1 1/2 cups oatmeal
- 1 cup chopped nuts for decorating

Cream butter and sugar well. Add chocolate. Sift dry ingredients and add alternately with milk and vanilla. Work in oatmeal and knead the dough. Form into balls and top each one with chopped nuts. Bake on greased tin in 375 oven for 12 minutes.

CARAMEL CREAM SANDWICH COOKIES

Cream together:

- $\frac{1}{3}$ lb. butter
- $\frac{3}{4}$ cup brown sugar

Blend in 1 unbeaten egg yolk. Add $2\frac{1}{4}$ cups flour. Stir until mixture forms a dough. Refrigerate for a few hours. Shape into balls about the size of a marble. Place on ungreased baking tin. Flatten and make a criss-cross design on top with a fork. Bake in 350 oven for about 10 minutes. Sandwich biscuits with a caramel icing:

Melt 2 tablespoons butter in a saucepan. Take off heat and mix in $1\frac{1}{4}$ cups icing sugar. Add $\frac{1}{2}$ teaspoon vanilla and a tablespoon thick cream.

TOLL HOUSE CHOCOLATE CRUNCH COOKIES

Cream together:

- $\frac{1}{2}$ lb. butter
- $\frac{3}{4}$ cup brown sugar
- $\frac{3}{4}$ cup white sugar

Add 2 eggs, one at a time. Dissolve 1 teaspoon soda in 1 teaspoon hot water and add alternately with $2\frac{1}{4}$ cups flour sifted with 1 teaspoon salt. Add 1 cup chopped nuts, $\frac{1}{2}$ cup chocolate cut up into small pieces and 1 teaspoon vanilla. Refrigerate for a few hours. Roll the dough into 1 in. balls and place 2 in. apart on greased baking tin. Bake in 400 oven for 10 minutes.

CHOCOLATE ALMOND BONBONS ✓

Melt 4 ozs. chocolate in 2 tablespoons milk over hot water. Cool and set aside.

Cream:

- 6 ozs. butter
- $\frac{1}{4}$ cup sugar

Add 2 teaspoons vanilla. Add chocolate. Add 2 cups flour sifted with $\frac{1}{2}$ teaspoon salt. Chill the dough. Shape into balls. Make a dent in the centre of each ball and fill it with a teaspoon tip of filling:

Mix:

- $\frac{1}{2}$ cup ground almonds
- 1 egg white
- 1 dessertspoon water
- $\frac{1}{2}$ teaspoon almond extract

Bake on ungreased tin in 375 oven for 12 minutes. Roll in icing sugar while warm.

SWEDISH HEIRLOOM COOKIES

Cream together:

- 1 cup butter
- 1 cup icing sugar

Blend in:

- $1\frac{1}{4}$ cups ground almonds
- 1 dessertspoon vanilla

Add 2 cups flour sifted with $\frac{1}{2}$ teaspoon salt. Shape into balls or crescents and bake on ungreased tins in 350 oven for 15 minutes.

THIMBLE BISCUITS

Cream together:

- $\frac{1}{4}$ lb. butter
- $\frac{1}{4}$ cup brown sugar

Add:

- 1 egg yolk
- $\frac{1}{2}$ teaspoon vanilla

Sift together:

- 1 cup flour
- $\frac{1}{4}$ teaspoon salt

Stir in. Roll into 1 in. balls. Dip in slightly beaten egg whites.

Roll in finely chopped nuts, about $\frac{3}{4}$ cup. Place about 1 in. apart on an ungreased tin. Bake in 400 oven for 5 minutes. Remove from oven. Press thumb gently on top of each biscuit. Return to oven and bake 5 minutes longer. Cool. Place a little smooth jam in thumbprint.

PEANUT BRITTLE BISCUITS

Crush peanut brittle with a rolling pin sufficient to make $1\frac{1}{2}$ cups.

Sift together:

- $2\frac{1}{4}$ cups flour
- $\frac{1}{2}$ teaspoon soda
- $\frac{1}{2}$ teaspoon cream of tartar

Cream together $\frac{1}{2}$ lb. butter with $\frac{3}{4}$ cup brown sugar and $\frac{1}{2}$ cup white sugar. Add 1 egg and 1 teaspoon vanilla. Stir in crushed peanut brittle. Chill dough. Take rounded teaspoonsful of dough and form into balls. Place on greased baking tin. Bake in 375 oven for 12 minutes.

PEANUT BUTTER COOKIES ✓

Sift together:

- 3 cups flour
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon soda

Cream:

- $\frac{1}{2}$ lb. butter
- 1 cup white sugar
- 1 cup brown sugar

Add 2 eggs, one at a time, and then 1 cup peanut butter. Shape dough into walnut sized balls. Place on a greased baking tin. Press flat with a liqueur glass bottom. Make criss-cross marks with a fork on top of the dough. Bake in 375 oven for about 10 minutes.

BUTTERNUT BALLS

Cream together:

- $\frac{1}{2}$ lb. butter
- $\frac{3}{4}$ cup icing sugar

Add:

- 2 teaspoons vanilla

Blend in $2\frac{1}{2}$ cups flour sifted with $\frac{1}{2}$ teaspoon salt. Chill the dough.

Shape into balls and bury a pecan nut or a maraschino cherry inside the ball. Place on ungreased baking tin. Bake in 425 oven for 10 minutes. Roll in icing sugar while warm.

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Tiny FAIRY CAKES

OATMEAL CRUNCHIES

- 4 ozs. butter
- $\frac{3}{4}$ cup brown sugar
- 1 egg, well beaten
- 1 cup flour
- $\frac{1}{2}$ teaspoon each baking powder and soda
- $\frac{1}{2}$ teaspoon salt
- 1 cup oatmeal
- $\frac{1}{2}$ cup chopped pecan or walnuts

Cream butter and add sugar slowly. Beat well. Add egg and beat again. Sift dry ingredients and add with oatmeal and nuts to butter mixture. Roll dough into small balls and place on greased baking sheet. Flatten each cookie slightly. Bake in 400 oven for 10 minutes.

GINGER SUGAR COOKIES

- 2 cups flour
- 2 teaspoons soda
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{3}$ cups sugar
- 6 ozs. soft butter
- $\frac{1}{4}$ cup syrup
- 1 egg

Sift flour, soda, cinnamon, cloves, ginger and salt.

Cream 1 cup sugar and the butter. Blend in syrup and egg. Beat in flour mixture and knead dough until smooth. Pinch off pieces of dough and shape into small walnut-sized balls. Place on greased cookie tin and leave space for spreading. Sprinkle balls with remaining sugar. Bake in 400 oven for 8 minutes.

SYRUP BISCUITS

- 4 ozs. butter
- $\frac{1}{3}$ cup sugar
- 1 teaspoon syrup
- 1 teaspoon soda dissolved in 3 teaspoons boiling water
- $\frac{3}{4}$ cup flour
- 2 cups Post Toasties

Cream butter and sugar. Add all other ingredients. Blend well. Roll into little balls and place on lightly greased tin. Leave room for spreading. Bake in 350 oven for 10 minutes. Sandwich together with the following filling:

- Cream
- 2 ozs. butter
 - 2 tablespoons syrup
 - $1\frac{1}{2}$ tablespoons cocoa
 - little lemon juice (optional)

APRICOT JAM BISCUITS

- $\frac{1}{2}$ lb. butter
- 2 cups sugar
- $\frac{1}{2}$ cup apricot jam
- 2 eggs
- 2 teaspoons bicarbonate of soda
- 4 large cups flour

Cream butter and sugar. Add eggs and beat well. Add other ingredients and blend well. Roll into walnut-sized balls. Place on lightly greased tin; leave room for spreading. Bake in 325 oven for about 12 minutes.

CHOCOLATE SNOWFLAKE BISCUITS

Melt together:

- 2 ozs. chocolate
- $\frac{1}{4}$ cup (2 ozs.) butter

Add and stir until dissolved:

- 1 cup sugar

Set mixture aside to cool.

Chop 1 cup nuts and set aside.

Sift together:

- 1 cup flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt

Add 2 well-beaten eggs to the cooled chocolate mixture with 1 teaspoon vanilla. Blend in dry ingredients. Stir in nuts. Chill dough for a few hours. Roll small pieces of dough between palms of damp hands and form into 1 in. balls. Roll balls in icing sugar. Place 2 in. apart on greased baking tin and bake in 425 oven for 10 minutes.

PECAN PUFFS

Cream together:

- $\frac{1}{4}$ lb. butter
- 2 tablespoons sugar

Add:

- 1 teaspoon vanilla

Chop 1 cup pecan nuts and mix with 1 cup flour. Add to the butter mixture. Roll the dough into small balls and place them on a greased baking sheet. Bake in 300 oven for about 30 minutes. Roll in icing sugar while still hot.

OATMEAL COOKIES

- $\frac{1}{4}$ lb. butter
- $\frac{1}{2}$ cup sugar
- 2 eggs
- $1\frac{1}{2}$ cups oatmeal, not quick-cooking kind
- $\frac{1}{3}$ teaspoon salt
- 1 teaspoon vanilla

Cream butter and sugar until fluffy. Add the eggs one at a time, beating well after each addition. Add the oatmeal until it is well blended. Add salt and vanilla.

Place the mixture in balls on a greased biscuit tin, leaving room for expansion. Press each mound with a floured liqueur glass to flatten as much as possible. Bake in 400 oven for about 8 minutes. Remove from tin while still warm.

BUTTER NUT BALLS

- 4 ozs. butter *add a little milk. if required*
 1/2 cup sugar
 2 eggs, separated
 2 1/2 cups flour
 chopped nuts

Cream butter and sugar well. Add 2 yolks, one at a time. Add flour and blend well. Refrigerate dough. Roll into small balls. Dip each ball into unbeaten egg white and then into chopped nuts. Bake in 275 oven for about half-an-hour.

MELTING MOMENTS

- 6 ozs. soft butter *Don't make balls too large. very brittle*
 2 tablespoons icing sugar
 2 tablespoons Maizena or custard powder
 2 teaspoons baking powder
 1 1/4 cups flour

No egg
 Cream butter and add all other ingredients. Beat just until blended. Roll with your hands into marble-sized balls. Place on lightly greased tin. Flatten with a fork and make grooves with the tines of the fork. Bake in 375 oven for 10 minutes. Join 2 biscuits together with chocolate filling. *Take off tin as soon as coming out oven*

MELTING MOMENTS (2)

- 2 eggs
 1/2 cup sugar
 1/2 lb. butter
 6 tablespoons Maizena or custard powder
 2 1/4 cups flour
 3 teaspoons baking powder

Beat eggs, sugar and vanilla. Add melted butter. Sift dry ingredients and add to egg mixture. Roll into balls and bake in 375 oven for about 10 minutes. Join 2 together with chocolate icing.

BUTTER BALLS

- No egg*
 1/2 lb. butter
 3 cups flour
 1/2 teaspoon salt
 1 cup chopped nuts
 3 tablespoons icing sugar
 3 teaspoons water
 1 teaspoon vanilla

Cream butter and sugar and blend in flour. Add the salt and chopped nuts. Combine vanilla and water and stir in. Roll in 1/2 in. balls. Bake on floured baking tin for about 15 minutes in 350 oven.

ALMOND CRESCENTS

No egg
 Cream together 1/2 lb. butter and 1/3 cup sugar. Add 3/4 cup ground almonds and cream some more. Sift together and work in 1 1/2 cups flour sifted with 1/2 teaspoon salt. Chill dough and roll with hands into pencil-thick pieces. Cut into 2 1/2 in. lengths. Form into crescents. Bake on ungreased tin in 350 oven for about 12 minutes. Cool on tin. While still warm dip in icing sugar mixed with a little cinnamon.

NUTLETS

Cream:

- 1/4 lb. butter
 1/2 cup brown sugar

Add:

- 1 small egg
 1/2 cup honey
 1/2 cup chopped nuts

Sift together:

- 2 cups flour
 1 teaspoon soda
 1/2 teaspoon salt
 1/2 teaspoon cinnamon

Chill dough. Form into balls. Bake on lightly greased tin in 350 oven for about 12 minutes.

BISCUIT DOUGH FOR COVERING BITS OF GLACED FRUIT OR CHOCOLATE MINTS

- 3 ozs. butter
 3/4 cup icing sugar *Also Nice Small Fairy Cakes*
 2 teaspoons vanilla
 1 1/3 cups flour

Cream butter and sugar. Add vanilla and stir in flour slowly. Wrap a dessertspoonful of dough around a glace cherry, a small peppermint cream or a small round chocolate or a walnut or pecan nut. Bake on an ungreased tin in 375 oven for 12 minutes. *Don't put dough in fridge*

MOCHA BALLS

Cream together:

- 1/2 lb. butter
 1 cup white sugar
 1/2 cup brown sugar

Add:

- 1 1/4 teaspoons vanilla

Add 2 eggs, one at a time, beating well after each addition.

Sift together:

- 2 1/4 cups flour
 1 teaspoon baking powder
 1 teaspoon salt
 2 teaspoons instant coffee

Add to the mixture 1 1/2 cups chocolate pieces. Cut a slab of plain chocolate into pieces. Chill dough. Form into balls. Bake in 375 oven for about 8 minutes.

BERLIN WREATHS

Cream together 1 1/2 cups soft butter and 1 cup sugar. Add 2 eggs, one at a time and 2 tablespoons grated orange rind. Stir in 4 cups flour. Chill dough. Break off small pieces and roll to pencil size about 6 in. long and 1/4 in. thick. Form each piece into a circle, bringing one end over and through in a knot. Place on ungreased baking tin. Brush tops with meringue made by beating 1 egg white until stiff and gradually adding 2 tablespoons sugar. Bake in 425 oven for 10 minutes.

PRESS BISCUITS

(Good doughs for a cookie press)

BROWN SUGAR BISCUITS

$\frac{1}{4}$ lb. butter creamed with 1 cup brown sugar. Add 2 eggs, one at a time until blended. Add 1 teaspoon vanilla. Sift 3 cups flour with $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon baking powder. Add to creamed mixture.

Chill the dough. Form biscuits with a press on an ungreased baking tin. Bake in 425 oven for 8 minutes.

PEANUT BUTTER BISCUITS

Cream:

- $\frac{1}{4}$ lb. butter
- $\frac{1}{2}$ cup peanut butter
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup white sugar

Add:

- 1 egg
- 1 teaspoon vanilla

Sift together:

- $1\frac{1}{4}$ cups flour
- $\frac{1}{4}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon soda

Add the dry ingredients together with 2 teaspoons milk. Chill dough. Press on to ungreased baking tin. Bake in 400 oven for 10 minutes.

SPRITZ COOKIES *egg yolk*

Cream together $\frac{1}{2}$ lb. soft butter with two-thirds cup sugar. Add 3 egg yolks, one at a time. Add 1 teaspoon vanilla or almond flavouring. Work in with your hands $2\frac{1}{2}$ cups flour.

Chill the dough. Force through a pastry press on to an ungreased baking tin. Bake in 425 oven for 7 minutes. Bake until very light brown in colour.

CHOCOLATE SPRITZ

Blend into the butter 2 ozs. melted chocolate or substitute $\frac{1}{2}$ cup cocoa for $\frac{1}{2}$ cup flour.

CREAM CHEESE SPRITZ

- 3 ozs. butter
- 6 ozs. cream cheese
- 1 cup sugar
- 2 ozs. melted chocolate
- 1 egg
- 1 teaspoon vanilla
- $2\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon baking powder

Cream butter and cheese. Add sugar and stir in melted chocolate. Add egg and vanilla. Sift dry ingredients and work in with your hands. Chill dough and push through press on to ungreased baking tin. Bake in 400 oven for 8 minutes.

SWEDISH GEM COOKIES

Cook 2 egg yolks by dropping them into boiling salted water. Simmer until hard boiled. Press through a wire sieve.

Cream together:

- $\frac{1}{2}$ lb. butter
- $\frac{1}{2}$ cup sugar

Add:

- 1 unbeaten egg
- 1 teaspoon vanilla

Sift together:

- $2\frac{1}{4}$ cups flour
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon soda

Blend in dry ingredients. Chill dough and push through press onto ungreased tin. Bake in 400 oven for 8 minutes.

CREAM CHEESE ALMOND BARS

- $\frac{1}{2}$ lb. butter
- 3 ozs. cream cheese
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon almond extract
- 2 cups flour
- $\frac{1}{2}$ cup ground almonds

Cream butter and cheese until fluffy. Stir in sugar and cream some more. Add almond extract. Add flour by hand and knead well. Chill dough. Push through cookie press onto ungreased tin. Sprinkle with almonds. Bake in 400 oven for 8 minutes.

SUGAR JUMBLES

Cream together $1\frac{1}{2}$ cups butter and 1 cup sugar. Add 2 eggs one at a time. Stir in $3\frac{1}{2}$ cups flour. Chill dough. Sprinkle a board with sugar. Take a dessertspoon dough. Roll between hands until size of lead pencil. Coil it around in sugar and place on greased baking tin. Bake in 400 oven for 6 minutes.

CHOCOLATE TIPS ✓

Cream together:

- $\frac{1}{4}$ lb. butter
- $\frac{1}{2}$ cup sugar

Add:

- 1 egg
- 1 teaspoon vanilla

Stir in dry ingredients, $1\frac{1}{2}$ cups flour sifted with $\frac{1}{2}$ teaspoon salt.

Press dough through cookie press using saw-toothed plate. This makes long strips. Cut the strips into $1\frac{1}{2}$ in. pieces. Bake in 425 oven for 6 minutes. Spread a smooth jam between the strips and dip the ends into melted chocolate and then into chocolate vermicelli or chopped nuts.

MELTED CHOCOLATE

Melt 4 ozs. chocolate with 2 tablespoons milk over hot water.

ALMOND PRESS COOKIES

Cream:

- $\frac{1}{2}$ lb. butter
 $\frac{3}{4}$ cup sugar

Add:

- 1 unbeaten egg
 2 dessertspoons milk

Stir in 1 cup ground almonds and $2\frac{1}{4}$ cups flour sifted with $\frac{1}{4}$ teaspoon salt.

Chill dough and push through pastry press. Bake in 375 oven for 10 minutes.

COFFEE BISCUITS

- $\frac{1}{2}$ lb. butter
 1 cup sugar
 $\frac{3}{4}$ cup syrup
 2 teaspoons soda dissolved in 2 table-
 spoons boiling milk
 $\frac{1}{4}$ cup very strong black coffee
 4 scant cups flour sifted with $\frac{1}{4}$ teaspoon salt

Cream butter and sugar. Add flour alternately with coffee and syrup mixed together. Lastly add the soda. Chill dough. Press dough on to ungreased baking tin using cookie press with saw-toothed plate. This makes long indented strips. Cut the strips into $1\frac{1}{2}$ in. lengths. Bake in 400 oven for about 10 minutes. When cold put biscuits together with the following filling:

Cream together $\frac{1}{4}$ lb. butter with 3 cups icing sugar. Add 2 tablespoons strong black coffee and $\frac{1}{2}$ teaspoon vanilla.

BAR BISCUITS

Melt together in the top of a double boiler:

- 2 ozs. bitter chocolate
 $\frac{1}{4}$ lb. butter

Cool. Sift together and set aside:

- $\frac{3}{4}$ cup flour
 $\frac{1}{2}$ teaspoon baking powder
 pinch of salt

Beat together until light:

- 2 eggs
 1 cup sugar

Add chocolate mixture and 1 teaspoon vanilla. Stir in flour and 1 cup chopped nuts.

Grease an 8 in. x 8 in. x 2 in. square pan. Spread mixture in the pan. Bake in 375 oven for 25 minutes.

Cool slightly and cut into squares.

BUTTERSCOTCH BARS

Melt over low heat 2 ozs. butter. Add 1 cup brown sugar and stir until blended. Do not cook. Cool. Stir in 1 egg. Sift together:

- $\frac{3}{4}$ cup flour
 1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt

Stir flour into butter mixture together with $\frac{1}{2}$ teaspoon vanilla and $\frac{1}{2}$ cup chopped nuts. Spread mixture into well-greased 8 in. square pan. Bake in 375 oven for 20 minutes. Cool slightly and cut into squares.

NUT SLICES

Cream together:

- $\frac{1}{4}$ lb. butter
 $\frac{1}{4}$ cup sugar

Beat in well, 1 egg. Work in $1\frac{1}{2}$ cups flour mixed with $\frac{1}{4}$ teaspoon salt. Spread this mixture with your hands in a 9 in. x 12 in. tin. Bake in 375 oven about 12 minutes. Cool and spread with the following mixture:

- 2 eggs beaten with $1\frac{1}{2}$ cups brown sugar

Add:

- $\frac{1}{2}$ cup coconut (optional—if you leave out the coconut add more nuts)
 1 cup chopped nuts
 2 dessertspoons flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
 1 teaspoon vanilla

Bake for another 20 minutes. When cool ice with thin lemon icing made by mixing icing sugar and lemon juice to a pouring consistency. Cut into squares.

SEA-FOAM NUT SQUARES

Cream together:

- $\frac{1}{4}$ lb. butter
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ cup white sugar

Add 2 egg yolks, one at a time together with 2 tablespoons water and $\frac{1}{2}$ teaspoon vanilla.

Sift together:

- 2 cups flour
 1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon bicarbonate of soda

Add dry ingredients to butter mixture alternately with $\frac{1}{4}$ cup milk. Spread the mixture in a greased $15\frac{1}{2}$ in. x $10\frac{1}{2}$ in. tin or 2 tins 9 in. x 9 in. x 2 in. Bake in 375 oven for 15 minutes.

Beat 2 egg whites until just stiff. Add $1\frac{1}{4}$ cups brown sugar and beat until very stiff. Fold in $\frac{1}{2}$ teaspoon vanilla and $\frac{1}{2}$ cup chopped nuts. Spread over baked layer. Sprinkle with more chopped nuts and bake in 350 oven for a further 25 minutes.

FILLED OATMEAL BARS

For crust—cream together:

- $\frac{1}{2}$ lb. butter
 $1\frac{1}{4}$ cups brown sugar

Sift together and stir in:

- 2 cups flour
 $\frac{3}{4}$ teaspoon soda
 1 teaspoon salt
 2 cups quick-cooking oatmeal

Mix thoroughly until mixture forms a dough. Press half the dough into a 9 in. x 13 in. tin. Cover with filling. Roll out the other half of the dough on to a floured board. Shape it into a rectangle 9 in. x 13 in. Place it on top of the dough. Don't worry about holes and cracks. Just patch it carefully. Bake in 425 oven for about 25 minutes.

FILLINGS**CURRENT FILLING**

Blend 1 tablespoon Maizena with 1 cup cold water. Stir until smooth. Add $\frac{1}{2}$ lb. currants. Bring to the boil and cook for 5 minutes, stirring occasionally. Remove from heat and add 1 teaspoon lemon rind and 1 tablespoon lemon juice. Cool.

DATE FILLING

Mix in a saucepan 3 cups cut-up dates, $\frac{1}{4}$ cup sugar and the juice and rind of 1 lemon. Add $1\frac{1}{4}$ cups water. Cook over low heat, stirring until thick. Remove from heat and cool.

PINEAPPLE FILLING

Mix in a saucepan 1 cup sugar and $\frac{1}{4}$ cup flour. Stir in $1\frac{1}{2}$ cups well-drained pineapple, crushed. This can be done in the liquidiser or, alternatively, mince it.

- $\frac{1}{4}$ cup lemon juice
- 3 tablespoons butter
- $\frac{3}{4}$ cup pineapple juice

Cook slowly, stirring constantly.

RAISIN OATMEAL BARS

- $1\frac{1}{4}$ cups brown sugar
- 3 ozs. butter, melted
- 2 eggs
- 1 cup flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup oatmeal
- $\frac{1}{4}$ cup orange juice
- 1 teaspoon grated orange rind
- 1 cup sultanas
- $\frac{1}{2}$ cup chopped nuts

Cream butter and sugar. Add eggs, one at a time. Sift flour, salt and baking powder. Add with oatmeal, orange juice and rind. Add sultanas and nuts. Spread in 9 in. x 9 in. greased tin. Bake in 400 oven for about 20 minutes. Cut into squares while warm.

DATE MERINGUE BARS

- 4 ozs. butter
- $\frac{1}{2}$ cup sugar
- 2 eggs, separated
- 1 teaspoon vanilla
- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- 1 cup chopped dates
- rind of 1 orange
- $\frac{1}{2}$ cup boiling water

Cream butter and sugar till fluffy. Add egg yolks and vanilla. Beat well. Stir in the flour and salt. Knead till smooth. Press mixture into greased 9 in. x 11 in. tin. Boil dates, rind and water to a jam-like consistency. Cool and spread on top of dough. Cover with meringue:

Beat 2 egg whites until stiff. Add 1 cup brown sugar and beat until very stiff. Bake in 300 oven for 30 minutes. Cut into fingers when cold.

FRUIT BARS

- 1 cup sultanas
- $\frac{1}{2}$ cup water
- 4 ozs. butter
- 2 eggs
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup finally broken or chopped nuts

Boil raisins in water for 5 minutes. Cool to lukewarm. Cream butter and sugar. Beat in eggs, one at a time. Add cooled raisins. Sift together dry ingredients and add with vanilla and nuts. Bake in greased 9 in. x 13 in. tin in 400 oven for about 15 minutes. Cool and cut into squares.

PINEAPPLE BARS

- 1 cup flour
- $\frac{1}{2}$ teaspoon soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{2}{3}$ cup brown sugar
- 4 ozs. butter
- 1 cup oatmeal
- $\frac{3}{4}$ cup drained, crushed pineapple
- $\frac{1}{2}$ cup sultanas

Sift together dry ingredients. Add the soft butter and then the oatmeal and pineapple. Beat well until well blended. Add raisins. Bake in pan 9 in. x 9 in. in 375 oven for 25 minutes.

TANGO BARS

- $\frac{1}{4}$ lb. butter
- $\frac{3}{4}$ cup sugar
- 2 well-beaten eggs
- $\frac{3}{4}$ lb. finely cut dates
- 1 cup coarsely chopped nuts
- $\frac{1}{2}$ cup milk
- 1 teaspoon bicarbonate of soda
- $1\frac{1}{2}$ cups flour
- 1 teaspoon mixed spice
- $\frac{1}{4}$ teaspoon salt

Cream butter and sugar. Add well-beaten eggs. Dissolve the soda in the milk and add alternately with the dry ingredients. Mix in nuts and dates. Pour mixture into greased 9 in. x 11 in. tin. Bake in 325 oven for 25-30 minutes.

ALMOND FINGERS

- $\frac{1}{2}$ lb. butter
- $\frac{1}{2}$ cup sugar
- 1 egg yolk
- 3 dessertspoons ground almonds
- 2 cups flour
- 1 egg white
- $\frac{1}{2}$ cup brown sugar

Cream butter and sugar until fluffy. Add egg yolk and beat well. Add flour and almonds. Press into greased 15 in. x 10 in. tin. Spread meringue made of the egg white and brown sugar over the top. Bake in 325 oven for 20 minutes. Cut into fingers when cool.

WALNUT AND DATE SLICES

This is similar to Tango Bars but has fewer dates.

- 4 ozs. butter
- $\frac{3}{4}$ cup sugar
- 3 eggs
- $\frac{1}{3}$ cup cut-up dates
- $\frac{3}{4}$ cup walnuts
- $1\frac{1}{2}$ cups flour
- 1 teaspoon baking powder

Cream butter and sugar. Add dates and nuts. Blend well. Sift flour and baking powder and add alternately with beaten eggs. Pour mixture into greased 9 in. x 11 in. tin and bake in 400 oven for 15-20 minutes. Cool slightly and slice into bars.

DATE DAINTIES

Sift together:

- 5 large tablespoons flour
- 2 tablespoons Maizena
- 2 teaspoons baking powder
- 1 cup brown sugar
- pinch of salt

Cut into dry ingredients:

- 2 teaspoons minced fruit
- 1 lb. dates
- 2 teaspoons chopped lemon peel
- $\frac{1}{2}$ teaspoon ginger
- 1 tablespoon smooth apricot jam

Hollow out centre and add:

- 3 unbeaten eggs
- juice of 1 orange
- $\frac{1}{4}$ lb. melted butter
- 1 tablespoon boiling water

Press mixture into greased 9 in. x 11 in. pan. Bake in 400 oven for 30 minutes. Cut into squares while warm. Sprinkle with icing sugar.

APPLESAUCE SQUARES

- 2 cups flour
- 2 teaspoons soda
- $\frac{3}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon cloves
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ lb. butter
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla
- $1\frac{1}{2}$ cups applesauce, unsweetened
- 1 cup coarsely chopped walnuts or pecans
- 1 cup sultanas

Sift flour, soda, cinnamon, cloves and nutmeg and set aside. Cream butter with sugar until fluffy. Add egg and vanilla. Blend well. Beat in flour mixture until combined. Add applesauce, nuts and sultanas. Pour mixture into greased $15\frac{1}{2}$ in. x $10\frac{1}{2}$ in. pan. Bake in 375 oven for 20-25 minutes. Cool. Cut into squares and dust with icing sugar.

LEMON SQUARES

Sift together:

- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon baking powder

Beat 3 egg whites until soft mounds form. Add 1 cup castor sugar a little at a time and beat until stiff.

Cream together:

- $\frac{1}{4}$ lb. butter
- 1 cup sugar

Add 3 egg yolks one at a time. Add dry ingredients alternately with $\frac{1}{3}$ cup lemon juice and blend well. Stir in 2 teaspoons lemon rind and $\frac{1}{2}$ cup chopped nuts.

Fold in beaten egg whites. Pour into greased 9 in. x 13 in. tin. Bake in 400 oven for 25 minutes. Cool slightly and ice with thin lemon icing. Cut into squares.

SHORTBREAD

- 2 cups, less 2 tablespoons, flour
- 2 tablespoons rice flour or Maizena
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup icing sugar
- $\frac{1}{2}$ lb. butter

Sift dry ingredients. Grate in butter and work with the fingers until all the ingredients are thoroughly blended. Press into a 9 in. square tin. Flute the edges by pinching between fingers as for a pie crust. Prick very well. Chill for at least $\frac{1}{2}$ hour. Bake in 300 oven for 1 hour. Cut into squares immediately on removing from oven. Dust with icing sugar when cool.

OATMEAL SHORTBREAD

- 3 cups quick-cooking oats
- $\frac{2}{3}$ cup sugar
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ teaspoon salt
- 6 ozs. butter
- 1 teaspoon vanilla

Mix oatmeal, sugar, flour and salt. Cut butter into mixture by grating it. Work mixture with hands until it resembles coarse meal. Stir in vanilla. Press mixture into 13 in. x 9 in. tin. Bake in 350 oven for 30 minutes or until golden brown. Cut into bars while warm. Cool in pan before removing.

CRUNCHIES

- 2 cups oatmeal
- 1 cup flour
- 1 cup coconut
- 1 cup sugar
- 8 ozs. butter
- 1 tablespoon syrup
- 1 teaspoon bicarbonate of soda
- 1 teaspoon baking powder

Boil butter and syrup until the butter is melted. Add soda and remaining ingredients. Pour into a greased tin $15\frac{1}{2}$ in. x $10\frac{1}{2}$ in. Bake in 375 oven for 25 minutes. Cut into squares after cooling a little.

MAZURKA BARS

- 6 ozs. butter
- $\frac{3}{4}$ cup sugar
- 4 hardboiled egg yolks, mashed (slip egg yolks into boiling water and simmer until hard)
- $\frac{1}{2}$ teaspoon vanilla
- 2 cups flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ - 1 cup chopped nuts

Lightly grease a 9 in. square tin.

Cream butter with sugar. Add egg yolks and vanilla. Stir in flour and salt. Press dough into tin. Chill until dough is firm.

Beat 1 small egg white lightly and brush over top of dough. Sprinkle with chopped nuts. Bake in 375 oven for about 45 minutes. Cool slightly before cutting into bars.

VADIS BARS

Make the same dough as for Mazurka bars and top as follows:

- $\frac{1}{2}$ cup sugar
- 2 tablespoons cream
- 2 ozs. butter
- $\frac{3}{4}$ cup chopped nuts
- $\frac{1}{2}$ teaspoon vanilla

Melt sugar in a heavy saucepan. Stir until dissolved and golden brown. Add cream and butter. Let mixture boil. At first the sugar will harden, but it will soon melt and blend with the liquid. Stir until smooth. Add nuts. Set aside to cool. Stir in vanilla before using.

BERLIN STICKS

- 2 cups flour
- 3 tablespoons sugar
- 6 ozs. butter
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons grated lemon rind
- 3 hard-boiled egg yolks, mashed
- 2 raw egg yolks

Mix flour, sugar, salt and lemon rind. Cut in butter and work with fingers. Mix boiled and raw yolks and work in. Make a smooth firm ball of dough. Chill dough. Pat dough to fit bottom of 9 in. x 12 in. pan. Bake about 20 minutes in 350 oven. Dough should be half cooked. Remove from oven and spread with $\frac{1}{2}$ cup strawberry jam. Cover jam with following topping:

- 2 egg whites
- $\frac{1}{4}$ cup sugar
- 1 teaspoon vanilla
- $\frac{1}{4}$ cup ground almonds
- 2 ozs. melted chocolate
- $\frac{1}{2}$ cup chopped nuts

Beat whites until stiff. Add sugar, a little at a time, beating after each addition. Fold in almonds, melted chocolate and vanilla. Sprinkle topping with chopped nuts. Bake another 20 minutes. Cool slightly and cut into small squares.

MACAROONS AND KISSES**MACAROON JAM SLICES**

- $1\frac{1}{2}$ cups nuts
- $\frac{1}{4}$ cup sugar
- 2 egg whites, unbeaten
- $1\frac{1}{2}$ cups thick hot jam

Mix nuts and sugar. Add enough egg white, a little at a time to bind the mixture into a paste firm enough to handle. If your egg whites are from very big eggs, one may be enough.

Form into a long roll $1\frac{1}{2}$ in. in diameter. Place on lightly greased baking tin. Dip index finger in water, make a deep trench down the centre of the roll. Bake in 375 oven for 15 minutes.

Heat some jam until it is thick and boiling hot. Immediately on taking nut roll from oven, fill trench with hot jam. Cool slightly. Loosen from tin. When cool, cut diagonally into $\frac{1}{2}$ in. slices.

COCONUT KISSES

- $1\frac{1}{4}$ cups condensed milk (sweetened)
- 1 teaspoon vanilla
- 3 cups coconut ($\frac{3}{4}$ lb.)
- $\frac{1}{8}$ teaspoon salt

Combine ingredients and drop from teaspoon on to a greased and floured baking tin. Bake in 400 oven for about 10 minutes. Remove from tin while still hot. You can place a very tiny bit of maraschino cherry on the top of each cookie before baking.

VARIATIONS**CEREAL FLAKE**

Use 2 cups cereal flakes with 1 cup of coconut.

CHOCOLATE

Add 2 ozs. melted chocolate.

FRUIT

Use 2 cups chopped dried fruit like raisins, dates or figs and $\frac{1}{2}$ cup coconut.

NUT

Add 1 cup chopped peanuts, walnuts or pecan nuts. Omit 1 cup coconut.

CEREAL FLAKE KISSES

- 3 egg whites
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ teaspoon vanilla
- $1\frac{1}{2}$ cups coconut
- 3 cups cereal flakes

Beat egg whites with salt until stiff but not dry. Add sugar, a little at a time and beat after each addition. Beat until stiff. Beat in flavouring and fold in coconut and cereal flakes. Drop from a teaspoon on to a greased and floured baking tin. Bake in 350 oven for 20 minutes.

CHOCOLATE CHIP KISSES

- $\frac{1}{2}$ cup condensed milk (sweetened)
- $1\frac{1}{2}$ cups coconut
- $\frac{1}{2}$ teaspoon baking powder
- 1 cup chocolate pieces

Combine milk, coconut and baking powder. Add chocolate pieces. Drop from a teaspoon on to a greased and floured baking tin. Bake in 325 oven for about 25 minutes, or until browned around the edges.

MACAROONS

- 1 cup ground almonds
- 1 cup sugar
- 2 large egg whites
- $\frac{1}{2}$ teaspoon each vanilla and almond extract
- blanched almond halves or small pieces of candied cherry

Mix almonds and two-thirds cup sugar. Add egg whites a little at a time. Beat hard for 3 minutes. Add flavourings. Using a pastry press with a star tube, force mixture on to a greased and floured tin. Force a second star over the first. You can also force the mixture through the star tube in 2 in. lengths. After baking, dip one end in thin chocolate icing or melted chocolate. Bake macaroons in 400 oven after sprinkling with remainder of sugar over them. Bake about 15 minutes.

COCONUT MACAROONS ✓

(Chewy ones)

- 3 egg whites
- $\frac{3}{4}$ cup sugar
- 3 tablespoons flour
- $\frac{1}{4}$ teaspoon salt
- 2 cups coconut
- 1 teaspoon vanilla

Beat egg whites until stiff, gradually beating in sugar. Fold in flour, salt, coconut and vanilla. Drop on lightly greased baking tin. Bake in 350 oven for 15 minutes.

ITALIAN WINE COOKIES

- 4 ozs. butter
- 3 eggs
- 1 cup sugar
- $\frac{1}{2}$ cup red wine
- $1\frac{1}{2}$ cups flour
- 1 teaspoon soda
- 1 cup chopped dates or other dried fruit
- 1 cup chopped nuts

Cream butter and sugar. Add eggs, one at a time. Add wine alternately with flour sifted with soda. Add fruit and nuts. Drop by teaspoonsful on greased tin. 2 in. apart. Bake in 400 oven for 12 minutes.

COCONUT CHEWIES

(No flour)

- 3 eggs
- 2 cups sugar
- 2 tablespoons melted butter or oil
- $\frac{3}{4}$ teaspoon vanilla
- 1 teaspoon salt
- 1 cup coconut
- 2 cups oatmeal

Beat eggs and sugar well. Stir in butter, vanilla and salt. Add coconut and oatmeal. Drop by $\frac{1}{2}$ teaspoonsful 1 in. apart on greased and floured tin. Bake in 375 oven for about 10 minutes.

PFEFFERNUESSE

- 4 ozs. butter
- $\frac{1}{2}$ cup sugar
- 2 eggs
- 1 cup flour
- $\frac{1}{4}$ teaspoon each soda and salt
- $\frac{1}{2}$ teaspoon each black pepper, nutmeg, cloves and allspice
- 1 teaspoon cinnamon
- pinch of cardamon (optional)
- 2 drops aniseed oil (optional)
- $\frac{1}{4}$ cup ground almonds
- $1\frac{1}{2}$ dessertspoons lemon rind
- $\frac{1}{4}$ cup chopped candied peel

Cream the butter and sugar. Add eggs, one at a time, beating well after each addition. Sift together dry ingredients and stir in. Add almonds, peel and rind. Drop the dough from a teaspoon on to a greased tin. Leave room for spreading. Bake in 375 oven for 10 minutes. This makes flat biscuits. Traditionally pfeffernuesse are made into balls. These biscuits taste better.

SPONGE FINGERS

- 3 eggs
- $\frac{1}{2}$ cup sugar
- 1 teaspoon vanilla
- $\frac{3}{4}$ cup flour
- 2 tablespoons additional sugar
- 2 tablespoons icing sugar

Beat eggs very well with sugar and vanilla. Fold in flour. Press through a pastry press into 3 in. long fingers, or drop from a teaspoon on to a greased and floured tin. Combine the ordinary sugar and icing sugar. Sprinkle half the sugar mixture over the sponge fingers. Let the mixture stand for 15 minutes. Sprinkle with remaining sugar and allow to stand for another 10 minutes. Bake in 375 oven for 10 minutes, or until golden brown.

PINEAPPLE MACAROONS

- 3 egg whites
- $\frac{1}{4}$ teaspoon salt
- 1 cup sugar
- 1 teaspoon grated lemon rind
- $\frac{1}{2}$ cup drained and crushed pineapple
- 2 cups coconut

Beat egg whites until stiff. Add salt and beat in sugar a little at a time. Continue to beat until very stiff. Add rind, pineapple and coconut. Drop by a teaspoon on to a greased and floured baking tin. Bake in 350 oven for about 15 minutes.

OATMEAL DROP COOKIES

- 2 cups flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon soda
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon cloves
- $\frac{1}{2}$ lb. butter
- $1\frac{1}{2}$ cups brown sugar
- 2 eggs, beaten
- $\frac{3}{4}$ cup sour milk
- $1\frac{1}{2}$ cups oatmeal
- 1 cup raisins
- 1 cup chopped nuts

Sift, flour, salt, soda, baking powder and spices. Cream butter and sugar. Add eggs and mix well. Add oatmeal, raisins and nuts. Drop from a teaspoon on to a greased and floured baking tin and leave room for spreading. Bake in 375 oven for about 15 minutes or until browned.

HERMITS

- $\frac{1}{2}$ lb. butter
- 2 cups brown sugar
- 2 well-beaten eggs
- $3\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon soda
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- $\frac{1}{2}$ cup sour milk
- 1 cup sultanas
- 1 cup chopped dates
- 1 cup chopped nuts

Cream butter and sugar. Add eggs and beat well. Add dry ingredients alternately with the milk. Add fruit and nutmeg. Drop from teaspoon on to a greased and floured baking tin. Bake in 375 oven for about 15 minutes. (You can substitute 2 cups fruit for fruitcake mix in the place of sultanas and dates.)

FRUITY MACAROONS

- 2 egg whites
- $\frac{1}{4}$ teaspoon vanilla
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ lb. chopped dates
- $\frac{1}{2}$ cup quartered cherries
- 1 cup chopped nuts
- $1\frac{1}{4}$ cup cornflakes
- $\frac{1}{2}$ cup sugar

Beat egg whites until stiff. Add vanilla and salt. Combine remaining ingredients and add to egg whites. Drop from teaspoon on to greased and floured baking tin. Bake in 350 oven for about 12 minutes.

BANANA COOKIES

- $1\frac{1}{2}$ cups flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon soda
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- 1 cup sugar
- 4 ozs. butter
- 2 eggs
- 1 cup mashed bananas
- $1\frac{1}{2}$ cups oatmeal

Sift flour, baking powder, soda, salt and spices. Add soft butter and sugar, eggs and banana. Beat until smooth. Fold in oatmeal. Drop from a teaspoon on to lightly greased and floured baking tin. Bake in 400 oven for 10 minutes.

FLORENTINES

- $\frac{1}{2}$ cup sugar
- $\frac{1}{3}$ cup cream
- $\frac{1}{3}$ cup honey
- 2 tablespoons butter
- $\frac{1}{4}$ cup candied orange peel, finely chopped
- $1\frac{1}{2}$ cups ground almonds
- 3 tablespoons sifted flour
- 8 ozs. semi-sweet chocolate
- 1 more tablespoon butter

Combine sugar, cream, honey and butter in a heavy saucepan. Stir over low heat until sugar is dissolved. Raise heat and boil without stirring until a ball forms when a bit of mixture is dropped into cold water. Cool slightly. Stir in orange peel, nuts and flour. Drop small rounds of batter on to a greased and floured cookie sheet, leaving at least 2 ins. between cookies. Flatten each cookie with a fork dipped in milk.

Bake in 425 oven for about 8 minutes. Take the tin out of the oven and immediately pull each one back into shape with a round greased 3 in. cutter. This will insure their final roundness. When cookies are firm, remove them from tin and cool on a wire rack. Melt chocolate. Stir in butter. Coat underside of each cookie thinly with melted chocolate. Refrigerate long enough to set chocolate.

SYRUP COOKIES

- 6 ozs. butter
- 1 cup sugar
- 2 well-beaten eggs
- 1 cup syrup
- 4 cups flour
- 1 teaspoon salt
- 1 teaspoon soda
- 2 teaspoons cinnamon
- 1 teaspoon ginger
- $\frac{3}{4}$ cup cold black coffee

Cream butter and sugar. Add eggs and beat well. Add syrup. Add sifted ingredients alternately with the coffee. Drop from teaspoon on to greased and floured tin. Bake in 375 oven for about 12 minutes.

CHERRY DROPS

- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ lb. butter
- $\frac{3}{4}$ cup brown sugar
- 1 egg
- $\frac{1}{4}$ cup maraschino cherry juice
- 2 tablespoons milk
- 2 ozs. chocolate, melted
- $\frac{1}{2}$ cup walnuts
- $\frac{1}{4}$ cup chopped maraschino cherries

Sift dry ingredients. Cream butter and brown sugar. Add egg and beat well. Stir in half the dry ingredients. Add the juice and milk. Stir in the remaining ingredients and mix well. Blend in the chocolate and nuts and chopped cherries. Drop by teaspoonsful on to ungreased baking tin. Bake in 375 oven for 12 minutes. Pour over thin chocolate icing.

PECAN CRISPIES

- 8 ozs. butter
- $2\frac{1}{2}$ cups brown sugar
- 2 well-beaten eggs
- $2\frac{1}{2}$ cups flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon soda
- 1 cup chopped nuts

Cream butter and sugar. Add eggs and beat well. Add sifted dry ingredients and then nuts. Drop from teaspoon about 2 ins. apart on to greased and floured tin. Bake in 375 oven for 12 minutes.

FRENCH TULLES

4 egg whites beaten until stiff with 1 cup sugar and 1 teaspoon vanilla. Fold in 1 cup ground almonds. Melt $\frac{1}{4}$ lb. butter and add to mixture. Stir in slowly 1 cup flour.

Drop by teaspoonsful on to a greased and floured pan. Bake in 375 oven for about 12 minutes. Let cool on rack before storing.

CHOCOLATE CHIP COOKIES

(Toll House Cookies)

- $1\frac{1}{3}$ cups flour
- $\frac{1}{4}$ teaspoon soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ lb. butter
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{2}$ cup white sugar
- 1 egg, beaten
- 1 teaspoon vanilla
- 1 cup chocolate broken into small pieces
- $\frac{1}{2}$ cup chopped nuts

Sift, flour, soda and salt. Cream butter and sugar well. Add egg and vanilla. Blend well. Add sifted ingredients. Mix thoroughly. Fold in nuts and chocolate. Drop from teaspoon on to greased and floured tin. Bake in 375 oven for about 8 minutes.

SOUR CREAM COOKIES

- 4 ozs. butter
- 1 cup brown sugar
- 1 egg
- $\frac{1}{4}$ teaspoon soda
- $\frac{1}{2}$ cup thick sour cream
- $2\frac{1}{4}$ cups flour
- $\frac{1}{2}$ teaspoon baking powder
- pinch of salt
- 1 teaspoon vanilla
- $\frac{1}{4}$ cup brown sugar

Cream butter with 1 cup brown sugar until smooth. Add egg and beat again. Combine soda and sour cream and add to creamed mixture. Beat until smooth. Sift flour with baking powder and salt. Add a little at a time to the dough. Add vanilla extract. Drop on lightly greased baking tin. Place a tiny pinch of brown sugar on top of each cookie. Bake in 425 oven for 5 minutes.

APRICOTINAS

1 cup dried apricots, soaked in water for 15 minutes. Drained and minced. Sift together $1\frac{1}{2}$ cups flour with $\frac{1}{2}$ teaspoon baking powder. Cream together $\frac{1}{4}$ lb. butter and $\frac{1}{2}$ cup icing sugar. Add 1 egg white and $\frac{1}{2}$ teaspoon vanilla.

Blend in the apricots and the dry ingredients. Drop by half teaspoonsful on to greased baking tins. Press with floured hands to flatten as thinly as possible. Bake in 400 oven for about 5 minutes.

CHOCOLATE DROP COOKIES

Cream together $\frac{1}{4}$ lb. butter with 1 cup brown sugar. Add 1 egg and beat well. Sift together 2 cups flour, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ teaspoon salt. Add to mixture alternately with dry ingredients $\frac{3}{4}$ cup milk. Melt 2 ozs. chocolate and add to mixture together with $\frac{1}{2}$ cup chopped nuts and 1 teaspoon vanilla.

Drop on to greased and floured tin with teaspoon. Bake in 425 oven for about 12 minutes.

VANILLA COOKIES

- 6 ozs. butter
- $\frac{2}{3}$ cup sugar
- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons vanilla
- $1\frac{1}{2}$ cups flour

Cream butter and sugar very well. Beat the eggs one at a time until well blended. Add salt and vanilla and finally add flour to the mixture. Drop from a teaspoon on to a greased and floured baking tin. Press a nut or raisin in the centre of each biscuit. Bake in 400 oven until pale gold, about 12 minutes.

LEMON WAFERS

- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- $\frac{1}{2}$ cup sugar
- 4 ozs. butter
- 1 egg
- $\frac{1}{3}$ cup honey
- 1 teaspoon grated lemon rind

Cream butter and sugar. Add egg and honey. Sift dry ingredients and mix lemon rind into them. Add to butter mixture. Blend well. Drop by teaspoonsful on to greased baking tin. Bake in 375 oven for 10 minutes. You can flatten the heaps of dough with a fork and decorate with grated lemon rind before baking.

MADELEINES

These are drop biscuits with a difference. The batter is dropped from a spoon but into special shell-shaped moulds. If you have shallow shell-shaped muffin tins, these will do very well. Grease the moulds well.

- 4 eggs
- $1\frac{1}{2}$ cups sugar
- 1 teaspoon grated lemon rind
- 1 teaspoon vanilla
- 2 cups flour
- $\frac{3}{4}$ lb. melted butter

Combine eggs, sugar and lemon rind in a large bowl. Heat over hot water. Water in pan should not be allowed to boil. Heat eggs for 5 minutes. When eggs are hot, remove from stove and beat in mixer at high speed until they are light and fluffy, and tripled in bulk. Add vanilla. Fold in flour and then melted butter. Do not beat after flour is added. Pour batter into moulds, about two-thirds full. Bake in 450 oven for about 10 minutes. Remove from moulds at once. Grease moulds again and refill with batter. When cakes are cool, sprinkle with icing sugar.

ORANGE SPARKLERS

- $2\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon soda
- $\frac{1}{4}$ teaspoon salt
- 6 ozs. butter
- 1 cup sugar
- 2 eggs
- 1 tablespoons orange rind
- $\frac{1}{2}$ cup orange juice
- $\frac{1}{2}$ cup coconut

Cream butter and sugar. Add eggs, one at a time, beating well after each addition. Add orange rind and flour, sifted with soda and salt, alternately with the orange juice. Stir in the coconut. Chill the dough for 4 hours. Drop by rounded teaspoonsful into 1 cup sugar. Coat well. Place on greased baking tin. Bake in 425 oven for 10 minutes.

BRANDY SNAPS

- 4 ozs. butter
- 4 ozs. golden syrup ($\frac{1}{2}$ cup)
- $\frac{1}{3}$ cup sugar
- $\frac{3}{4}$ cup flour
- pinch of salt
- $\frac{1}{2}$ dessertspoon ginger
- 1 teaspoon brandy

Melt the butter slightly, add the sugar, syrup, flour, ginger, salt and brandy. Mix well, then put pieces of dough the size of a walnut on a greased baking sheet, 2 ins. apart. Bake in 350 oven until brown. Lift up with a spatula and curl over the handle of a wooden spoon while the biscuits are still warm. Should the snaps get too hard before rolling, replace in oven to soften. Cool and fill with whipped cream.

ROLLED BISCUITS

SWEDISH COOKIES

- $\frac{1}{2}$ lb. butter
- $\frac{2}{3}$ cup brown sugar
- 1 cup syrup or half syrup and half honey
- 1 teaspoon grated lemon rind
- 1 teaspoon rum
- $4\frac{1}{2}$ cups flour
- 1 teaspoon salt
- 1 teaspoon soda
- 1 teaspoon ginger
- $\frac{1}{2}$ teaspoon cloves
- 1 teaspoon cinnamon

Cream butter and sugar. Add syrup, rind and rum. Mix well. Add flour sifted with salt, soda and spices. Chill dough until firm enough to roll. Grease and flour baking tins. Roll out dough very thin. Cut into shapes. Transfer cookies to tin with a spatula. Bake 8 minutes in 375 oven.

CREAM BISCUITS

- $\frac{1}{2}$ lb. soft butter
- $2\frac{3}{4}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup sliced, blanched almonds
- $\frac{1}{2}$ cup thick cream
- jam
- sugar

Cream butter and flour, salt, almonds and cream. Add cream alternately with flour. Chill until dough is firm enough to roll. Roll dough on a board generously sprinkled with sugar. Cut out biscuits, using a 1 in. round cutter. With a slightly smaller cutter cut out the centres of half the biscuits, leaving rings. Transfer biscuits to greased baking tin. Bake in 375 oven for 7 minutes. Sandwich pairs of cookies together with jam. The top one must be the ring-shaped biscuit.

SUGAR BISCUITS

- $2\frac{1}{4}$ cups flour
- $\frac{1}{4}$ teaspoon salt
- 2 teaspoons baking powder
- $\frac{1}{4}$ lb. butter
- 1 cup sugar
- 2 eggs, beaten
- $\frac{1}{2}$ teaspoon vanilla
- 1 tablespoon milk

Sift flour, salt and baking powder. Cream butter and sugar, add eggs and vanilla. Add dry ingredients alternately with the milk. Roll and cut. Sprinkle with sugar and bake in 400 oven for 10 minutes.

VARIATIONS

Use brown sugar instead of white.

Add 2 ozs. melted chocolate to creamed mixture. Sift $\frac{1}{4}$ teaspoon each cinnamon, allspice and cloves with the flour.

Use this dough for filled biscuits and also for stuffed monkeys.

ROLLED GINGER SNAPS

- 8 ozs. butter
- 1 cup sugar
- 2 eggs
- $\frac{1}{2}$ cup syrup
- $4\frac{1}{2}$ cups flour
- 1 tablespoon ginger
- 1 teaspoon salt
- 1 teaspoon soda

Cream butter and sugar. Add eggs, one at a time and beat well. Stir in syrup. Sift remaining ingredients and blend with the butter mixture. Form into a dough and leave in refrigerator overnight. Roll out thin and cut with a round cutter. Bake in 425 oven for 15 minutes.

CINNAMON NUT RINGS

- $\frac{1}{2}$ lb. butter
- 1 cup sugar
- 1 egg
- 3 cups flour
- 1 tablespoon each milk and cream
- 1 teaspoon vanilla

TOPPING:

- 2 tablespoons castor sugar
- 1 heaped teaspoon cinnamon
- 1 tablespoon chopped nuts

Cream butter and sugar. Beat in egg and then sifted dry ingredients alternately with milk and cream mixed with vanilla. Chill dough. Roll out thin. Cut into circles. Remove centre with thimble. Brush over with beaten egg white, sprinkle with topping. Bake on ungreased tin in 400 oven for 8 minutes. You can make clover leaves from the cut-out centres. Put a sliver of cherry or angelica where they join.

SOUR CREAM JAM CRESCENTS

- $\frac{1}{2}$ lb. butter
- 3 cups flour
- 1 teaspoon salt
- 1 cup thick sour cream
- 2 egg yolks
- 1 cup jam

egg yolks

Sift flour and salt into a bowl. Cut in butter and rub with fingertips. Stir yolks and cream together and add to butter-flour mixture. Press dough into 3 smooth balls. Chill for half-an-hour. Roll out, one ball of dough at a time, on a lightly floured board. Cut into 3 in. squares and then triangles. Place a little jam in the centre of each triangle and roll up, beginning at the wide end. Curve into a crescent shape. Place on ungreased baking tin. Brush tops with beaten egg or milk. Dust lightly with sugar. Bake in 425 oven for about 15 minutes.

OLD-FASHIONED BUTTER BISCUITS

(This is the kind of biscuit which you can make in large quantities and store in tins for a long time—if they last.)

- 250 250 1 lb. butter = 500gms. 500
- 150 1 lb. sugar (2 cups)
- 150 $\frac{1}{2}$ pint very thick sour cream 350ml. 300
- 2 4 egg yolks
- 1 1 teaspoon bicarbonate of soda
- 4 2 lbs. flour (8 cups)
- $\frac{1}{2}$ 1 dessertspoon vanilla essence

Beat cream, yolks and vanilla essence. Dissolve soda in 2 teaspoons hot water and add. Set aside. Sift flour and sugar and rub in butter with finger tips. Combine mixtures. Try to use as little flour as possible in rolling out the biscuits. Either chill the dough before rolling or leave out 1 cup flour in the recipe and use this cup in rolling. Cut biscuits into shapes. Brush with egg white and sprinkle with sugar. Bake in 400 oven for 8-10 minutes.

DANISH BISCUITS

- 6 ozs. butter
- 1 cup sugar
- 3 hard-boiled egg yolks, sieved
- 3 egg yolks
- 1 teaspoon vanilla
- 2 cups flour
- $\frac{1}{2}$ teaspoon salt

Cream butter, blend in sugar and sieved yolks. Mix raw yolks with a fork. Add to butter mixture with vanilla. Work in flour, sifted with salt. Roll a small amount of dough at a time, about $\frac{1}{4}$ in. thick. Brush biscuits with 1 egg white beaten with 2 teaspoons water. Decorate with sugar, nuts or chopped fruit. Bake in 425 oven for 8 minutes.

COUNTRY BUTTER BISCUITS

- 6 cups flour
- 1 cup sugar
- pinch of salt
- 370 3 teaspoons baking powder
- $\frac{3}{4}$ lb. butter
- 3 well-beaten eggs
- 2 teaspoons vanilla
- a little milk to soften the dough

Cream butter and sugar. Add eggs and beat well. Add vanilla. Stir in the flour sifted with other dry ingredients. This dough should be stiff so only add a very little milk. Roll out and bake in 425 oven for about 8 minutes.

ROTHSCHILD COOKIES

- $\frac{1}{2}$ lb. butter
- $2\frac{1}{3}$ cups flour
- $2\frac{1}{3}$ cups ground almonds
- $\frac{1}{3}$ cup grated chocolate
- $1\frac{2}{3}$ cups sugar
- 1 whole egg and 2 egg yolks

Cut butter into flour and rub with fingertips. Add almonds and gradually sugar, chocolate, whole egg and 2 egg yolks. Knead until dough is smooth. Chill for 30 minutes. Roll dough about $\frac{1}{4}$ in. thick and cut into shapes. Brush with remaining egg whites and sprinkle with sugar and a little chopped almond.

CURRANT BISCUITS

- 3 ozs. butter
- $\frac{1}{3}$ cup sugar
- 1 egg yolk
- 1 tablespoon chopped peel
- 2 tablespoons currants
- $\frac{1}{4}$ teaspoon mixed spice
- $1\frac{1}{2}$ cups flour

Cream butter and sugar. Beat in egg and alternately the peel and fruit and dry ingredients. Mix to a stiff dough, using a little milk if necessary. Roll out on a floured board. Prick all over and cut out. Bake in 425 oven for about 15 minutes.

HONEY SPICE BISCUITS

- $2\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon soda
- 1 teaspoon each cinnamon and allspice
- $\frac{1}{2}$ teaspoon cloves
- $\frac{1}{2}$ cup chopped nuts
- $\frac{1}{2}$ cup candied peel, chopped
- 1 cup honey
- $\frac{3}{4}$ cup brown sugar
- 1 egg
- 1 tablespoon lemon juice
- 1 teaspoon lemon rind

Sift flour and spices. Chop nuts and peel very well. Heat honey and sugar to boiling point. Cool. Add slightly beaten egg, lemon juice and rind. Stir in flour mixture adding nuts and orange peel last. Chill dough overnight. Roll on floured board $\frac{1}{4}$ in. thick.

Cut into rounds, place on greased baking tin. Bake in 375 oven for 8 minutes. Cover with icing made from icing sugar mixed with a little lemon juice.

CUSTARD CREAMS

- 4 ozs. butter
- $\frac{1}{2}$ cup sugar
- 1 egg yolk
- 4 ozs. custard powder
- 1 cup flour
- vanilla and a little milk

Cream butter and sugar and beat in egg yolk. Add the custard powder, flour and a little vanilla, about $\frac{1}{2}$ teaspoon. Add sufficient milk to make a firm dough. Roll out thinly. Prick all over and cut into squares or rounds. Bake on a greased tin in 400 oven for about 12 minutes. Sandwich together when cold with butter icing. Dredge the biscuits with icing sugar.

DATE AND NUT SPIRALS

- $\frac{1}{2}$ lb. cut-up dates
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup finely chopped walnuts
- 3 ozs. butter
- 4 ozs. sugar
- 1 beaten egg
- 2 cups flour
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ teaspoons baking powder

Mix the dates, sugar and water and cook to a mush. Add the nuts and cool. Cream the butter and the sugar thoroughly. Add the egg and beat well. Add the flour sifted with the salt and baking powder. Form mixture into dough and chill for 15 minutes. Roll out the dough to an oblong shape, $\frac{1}{4}$ in. thick. Spread with cooled date filling and roll up closely as for Swiss roll. Wrap in greaseproof paper and chill overnight. Cut into slices, lay on greased baking tin and bake in 400 oven for about 10 - 12 minutes.

FEATHER-ICED BISCUITS

- 6 ozs. butter
- $\frac{3}{4}$ cup sugar
- 2 eggs
- 3 cups flour
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon vanilla

Cream the butter and sugar. Beat in the eggs. Add the sifted dry ingredients and vanilla. Mix to a pliable dough by adding a little milk. Roll out to $\frac{1}{8}$ in. thickness. Prick all over and bake in 400 oven for 15 minutes. When the biscuits are cold ice them with a glaze icing. Mix icing sugar with water. Before this icing is set, pipe a pattern of thin lines in a chocolate glaze icing. Draw a sharp point at right angles to the lines, dragging them into feather shapes.

DEMERARA BISCUITS

- 1 lb. Demerara or yellow sugar (2 cups)
- $\frac{1}{2}$ lb. butter
- 2 eggs
- 1 lb. self-raising flour or 4 cups flour sifted with 3 teaspoons baking powder

Cream butter and sugar. Add eggs and beat well. Add flour and make a dough firm enough for rolling. Roll out thin and cut into shapes. Sprinkle with sugar, after brushing with a little milk or egg white. Bake in medium oven till light brown.

GINGER BISCUITS MADE WITH OIL

Beat 2 eggs with $\frac{1}{2}$ cup sugar. Add 2 tablespoons oil and 2 tablespoons golden syrup. Add 1 teaspoon ginger, 1 teaspoon mixed spice and 1 teaspoon cinnamon.

Dissolve 1 teaspoon soda in 1 tablespoon boiling water and add with sufficient flour to make a soft dough. You can add chopped dates or fruit to the mixture. Divide dough into 4 pieces. Make a long roll of each piece. Place on a greased baking tin and brush top with egg and sprinkle sugar over the top. Bake in 375 oven for about 25 minutes. Cut into slices while warm. Cool on cake cooler.

CINNAMON PINWHEELS

- 2 cups flour
- 2 teaspoons baking powder
- 1 tablespoon sugar
- pinch of salt
- 1 egg
- 6 ozs. butter
- $\frac{1}{2}$ cup milk
- cinnamon

Sift dry ingredients. Crumble in butter till mixture is mealy. Beat egg with milk and add. Roll out thinly on floured board, brush with melted butter and thin jam. Sprinkle with cinnamon and sugar and roll into roll about 2 ins. thick. Cut into thin slices. Place in greased tin, cut edge down. Sprinkle with more cinnamon and sugar and bake in 400 oven for about 12 minutes.

CHOCOLATE PINWHEELS ✓

- 1 cup sugar
- 4 ozs. butter
- 1 egg
- 1 teaspoon vanilla
- $1\frac{3}{4}$ cups flour
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ teaspoons baking powder

Cream butter and sugar. Add egg and vanilla. Sift dry ingredients and stir into butter mixture. Divide the mixture in half and to one half add 1 oz.

melted chocolate. Chill the two halves. Roll the white and brown dough separately into oblongs to the thickness of $\frac{1}{8}$ in. Place the dark dough on the light dough and roll the layers as for a swiss roll. Chill the dough. Cut into slices and bake on greased tin in 425 oven for 8 minutes.

You can also make these biscuits by dividing the dough as above. Shape each roll into a long thin roll. Place a light and a dark roll close together and on top of them place another dark and light roll but placing the dark on top of the light. Chill the dough well. Cut into slices and bake as above. Third way of using the dark and light mixtures: Roll out the two doughs separately on a floured surface $\frac{1}{8}$ in. thick. Cut with a small doughnut cutter. Take out the centres and place the light centres in the dark circles and the dark centres in the light circles. You should now have a whole round shape. Cut across the diameter. Form a round biscuits using opposite coloured halves. Bake as above.

BEIGEL BISCUITS

- 2 cups flour
- 2 teaspoons baking powder
- 4 ozs. soft butter
- $\frac{1}{2}$ cup sour cream
- 2 egg yolks

Rub butter into flour and baking powder. Add remaining ingredients. Form into a dough. Chill. Using a small amount of dough at a time, roll into strips about $\frac{1}{2}$ in. in diameter. Cut into 2 in. lengths and join to form a circle. Dip the circles in slightly beaten egg whites and then into sugar. Bake in 375 oven for 20 minutes.

DUTCH BUTTER LETTERS

Make the same pastry as above. Roll into strips 3 in. long and 2 in. wide. Mix together:

- 6 ozs. ground almonds
- 3 ozs. castor sugar
- 3 ozs. icing sugar
- juice of $\frac{1}{2}$ lemon and 1 egg

Make a smooth paste and roll into sausage-like roll. Place the almond mixture on the pastry and wrap into a roll. Form the roll into letters and seal the ends with beaten egg. Bend into letters. Place on a greased tin in 425 oven for about 25 minutes. Cool on wire cake rack.

egg yolks

STUFFED MONKEYS

- 4 ozs. butter
- 1 cup sugar
- $\frac{1}{4}$ teaspoon salt
- 2 eggs
- $2\frac{1}{4}$ cups flour
- 2 teaspoons baking powder
- 1 teaspoon vanilla
- 1 tablespoon milk

Cream butter and sugar. Add eggs and mix well. Add sifted dry ingredients and milk. Roll dough on floured board into long narrow strips, $3\frac{1}{2}$ in. wide. Brush with melted butter. Spread smooth apricot jam over the butter and spread lightly with the following mixture:

- $\frac{1}{2}$ lb. mixed cake fruit, washed and dried
- 1 teaspoon ginger
- 2 teaspoons cinnamon
- grated lemon rind

Roll up and press lightly. Glaze with egg yolk mixed with a little milk. Sprinkle with sugar. Cut into 1 in. strips. Bake in 400 oven for 15 - 20 minutes.

MANDELBRODT

- $2\frac{3}{4}$ cups flour
- 3 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 3 eggs
- $\frac{3}{4}$ cup sugar
- 6 dessertspoons oil
- grated rind of 1 lemon
- 1 cup chopped almonds, blanched

Beat eggs and sugar until light. Add salt and beat again. Add oil, flour sifted with baking powder and rind. Stir in nuts. With floured hands form 2 long loaves about 3 in. wide and $\frac{3}{4}$ in. high. Bake on a greased baking tin in a 375 oven for about 40 minutes. While still warm, cut into $\frac{1}{2}$ in. slices. Place on tins with cut side up and toast in oven to brown.

ARMENIAN DELIGHT

- 1 cup shredded coconut
- $\frac{1}{4}$ cup butter (2 ozs.)
- $1\frac{1}{2}$ cups Marie biscuit crumbs
- 1 packet orange-flavoured jelly
- 1 cup hot water
- $\frac{1}{2}$ cup honey
- 2 tablespoons lemon juice
- 1 cup evaporated milk, chilled overnight and then whipped

Saute the coconut in butter until golden brown, stirring constantly. Add crumbs and mix well. Press half mixture on the bottom of a 9 in. square pan. Chill until slightly thickened. Fold in whipped milk. Turn out over coconut-crumbs mixture and top with remaining coconut and crumbs. Chill until firm. Cut into squares.

ITALIAN CANNOLI

- 3 cups flour
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon butter
- 1 egg, beaten
- 2 tablespoons water
- 4 tablespoons white wine
- fat for frying
- $\frac{1}{4}$ cup chopped nuts
- icing sugar

Sift flour, cinnamon, salt and sugar. Cut in butter. Add egg, water and wine and stir until stiff dough is formed. Knead on floured board until soft and smooth. Divide dough in half and chill for 30 minutes. Roll each half out to $\frac{1}{8}$ in. thickness. Cut into 4 in. squares. Wrap each piece round a wooden stick about $\frac{3}{4}$ in. thick and 6 in. long (a featherduster handle would be fine). Press edges together to seal but do not press dough firmly around the tube. Drop into hot deep fat and cook until light brown. Remove cannoli from sticks and cool. Fill with the following filling:

- $1\frac{1}{4}$ lb. cream cheese
- 5 tablespoons sugar
- $\frac{1}{2}$ cup milk
- 1 tablespoon chopped candied fruit
- 1 tablespoon grated orange rind
- 2 teaspoons almond extract (optional)

Cream everything together. Fill the cannoli. Dip ends in chopped nuts and sprinkle with icing sugar.

SPEKULAAS

- $\frac{1}{2}$ lb. butter
- $1\frac{1}{2}$ cups sugar
- 4 cups flour
- 1 tablespoon cinnamon
- 1 teaspoon ginger
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{2}$ packet mixed spice
- 1 teaspoon bicarbonate of soda dissolved in 2 tablespoons wine
- $\frac{1}{4}$ lb. chopped almonds

Cream butter and sugar. Add sifted dry ingredients alternately with wine. Add $\frac{1}{4}$ lb. chopped almonds. Roll thinly, cut into shapes and bake in 375 oven for about 15 minutes.

CRACKNEL BISCUITS

- 4 eggs
- 2 tablespoons sugar
- 1 tablespoon oil
- enough flour to make a pliable dough

Beat eggs till frothy. Add sugar gradually and beat until light. Beat in oil. Add flour. Roll into a rope about $\frac{1}{2}$ in. thick. Cut into 2 in. lengths and form rings. Drop into boiling salted water until they rise to the top. Drain biscuits with a slotted spatula. Bake on greased tin in 450 oven until golden brown.

WATER BISCUITS

- 2 cups flour
- 1 teaspoon baking powder
- pinch of salt
- 2 dessertspoons water
- 2 dessertspoons butter

Sift the dry ingredients. Heat the water and butter till the butter has melted. Pour it into the flour and mix to a smooth paste. Turn on to floured board, roll out thinly and cut into squares or rounds. Prick with a fork. Bake in 425 oven on a greased tin for 15 minutes. Cool on a rack and toss in salt before serving.

WHOLEMEAL CRACKERS

- 2 cups unsifted boermeal
- $\frac{1}{2}$ teaspoon baking powder
- pinch of salt
- 2 ozs. butter
- 1 teaspoon sugar
- milk to give a stiff dough

Mix the flour, baking powder and salt. Rub in the butter. Add the sugar and mix with enough milk to make a stiff dough. Roll out thinly. Prick and cut into rounds. Bake in 400 oven for 10 minutes.

PLAIN OATMEAL BISCUITS

- $\frac{3}{4}$ cup flour
- 4 ozs. oatmeal ($1\frac{1}{2}$ cups)
- $\frac{1}{4}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 5 dessertspoons butter
- cold water

Mix the dry ingredients. Rub in the butter with fingertips until the mixture is crumbly, then add water to make a stiff dough. Roll out $\frac{1}{8}$ in. thick and cut into rounds. Bake on a greased tin for about 12 minutes in 400 oven.

SALTY SNACK BISCUITS

- 3 cups flour
- $\frac{3}{4}$ cup oil and melted butter mixed
- 1 teaspoon salt
- 3 teaspoons baking powder

Mix all ingredients together with enough warm water to make a dough easy to roll out. Divide dough into 2 pieces and form into long rolls. Chill and cut into slices. Place on greased baking tin. Brush with egg yolk mixed with a little water and sprinkle with salt.

NO-BAKE BISCUITS**CHOCOLATE BARS**

- 2 ozs. butter
- 2 ozs. melted chocolate
- $\frac{1}{2}$ lb. marshmallows
- 5 cups puffed rice

Melt butter, chocolate and marshmallows in the top of a double boiler. Stir until smooth. Pour this mixture over puffed rice. Stir until evenly coated. Spread into greased pan. Let it stand until firm. Cut into bars.

CHOCOLATE CLUSTERS

- 5 cups puffed rice
- $\frac{1}{2}$ cup unsalted peanuts
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup syrup
- $\frac{1}{2}$ cup sold water
- $\frac{1}{2}$ teaspoon salt
- 2 ozs. chocolate
- 1 tablespoon butter
- 1 teaspoon vanilla

Heat puffed rice in a moderate oven for 10 minutes. Pour into large greased bowl. Mix with peanuts. Combine sugar, syrup, water and salt in a saucepan. Bring to the boil and continue boiling until a few drops tested in cold water form a soft ball. Add butter and vanilla. Stir until butter has melted. Pour syrup gradually over puffed rice. Mix thoroughly. Grease hands and form into clusters.

FUDGIES

- $1\frac{1}{2}$ cups quick-cooking oats
- 1 cup coconut
- 1 cup chopped nuts
- $\frac{1}{4}$ cup cocoa
- $\frac{1}{4}$ cup evaporated, unsweetened milk
- 2 ozs. butter
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ teaspoon vanilla

Mix oats, coconut and nuts. Combine cocoa, milk, butter and sugars. Cook over medium heat and bring to a rolling boil. Boil for 1 minute, stirring all the time. Remove from heat. Add vanilla. Pour over dry ingredients and mix well. Drop by teaspoonsful on to a greased baking tin. Cool.

PEANUT BUTTER KRISPIES

- 2 teaspoons butter
- 2 tablespoons peanut butter
- $\frac{1}{2}$ lb. marshmallows
- 1 teaspoon vanilla
- 5 cups Rice Krispies

Cook butter and peanut butter with marshmallows in the top of a double boiler. Stir all the time. When smooth add vanilla and pour over Rice Krispies in a large greased bowl. Press into a 9 in. greased square pan.

TRIFFLES

- 2 ozs. butter
- 2 tablespoons cocoa
- 5 tablespoons milk
- 4 ozs. castor sugar

Melt and allow to simmer for 3 minutes. Add:

- 1 cup oatmeal
- 2 cups coconut
- 1 tablespoon brandy
- 1 teaspoon rum essence

Roll into balls with small pieces of ginger (optional) in the middle and roll again in chocolate vermicelli. Can be topped with a half crystallized cherry.

PEANUT BARS

- 3 ozs. butter
- $\frac{1}{2}$ lb. marshmallows
- $\frac{1}{2}$ cup peanut butter

Melt butter and marshmallows. Stir in peanut butter and pour over 5 cups puffed rice.

UNBAKED MOCK DATE TEIGLACH

- 1 lb. stoneless dates
- 4 ozs. butter
- $\frac{1}{2}$ cup sugar
- 1 egg
- $\frac{3}{4}$ packet Marie biscuits
- 1 dessertspoon brandy
- vanilla essence
- coconut

Melt butter in a saucepan. Add sugar and dates cut into pieces. When butter is nearly melted, add beaten egg and stir until the egg is well mixed. Add 1 dessertspoon brandy and 1 teaspoon vanilla essence. Take off stove and add crushed Marie biscuits. Roll into balls and roll in coconut.

CHOCOLATE AND NUT FRIDGE BISCUITS

- $\frac{1}{2}$ lb plain chocolate
- 1 packet Marie biscuits
- $\frac{1}{2}$ cup milk
- 2 ozs. butter
- 3 tablespoons sultanas, washed and cut up
- $\frac{1}{2}$ cup chopped nuts

Melt chocolate and butter in double boiler with the milk. Crush the biscuits finely. Mix all the ingredients together. Roll out on wet waxed paper. Store in refrigerator and cut up into slices when required.

RUM OR BRANDY BALLS

- 3 cups crushed Marie biscuits
- 1 cup ground pecan nuts
- 1 cup icing sugar
- 3 tablespoons syrup
- $1\frac{1}{2}$ teaspoons cocoa
- $\frac{1}{2}$ cup brandy or rum

Mix all ingredients together and shape into balls the size of a small walnut. Roll in icing sugar.

DATE DELIGHTS

- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ lb. dates
- $\frac{1}{4}$ lb. butter
- 3 cups Rice Krispies
- coconut
- chopped nuts

Cut up dates into small pieces. Melt butter and sugar together, add dates and stir until smooth. Add Rice Krispies and if you like a handful of chopped nuts. Stir well. Sprinkle coconut in shallow greased square pan, press mixture on to coconut. Cool mixture and cut into bars.

BROWNIES

- 1 cup evaporated, unsweetened milk
- 32 marshmallows
- 3 ozs. chocolate
- 1 cup sugar
- $\frac{1}{4}$ teaspoon salt
- $3\frac{1}{2}$ cups crushed Marie biscuits
- 1 cup chopped nuts

Combine milk, marshmallows, sugar and salt. Cook and stir over medium heat. Bring to the boil and continue to boil, without stirring, for a further 5 minutes. Remove from heat and stir in crumbs and nuts. Spread in greased 9 in. square tin. Chill until firm and cut into squares with a hot knife. Sprinkle with icing sugar.

CUP CAKES**FAIRY CAKES**

- 4 ozs. butter
- $\frac{3}{4}$ cup sugar
- pinch of salt
- 2 eggs
- 2 teaspoons baking powder
- $1\frac{3}{4}$ cup flour
- $\frac{1}{4}$ cup milk
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ teaspoon vanilla

Cream butter and sugar well. Beat in eggs, one at a time. Add vanilla. Sift dry ingredients and add to mixture alternately with the milk and water to make a soft dropping consistency. Half fill paper cups with the mixture and bake in 400 oven for 10 - 15 minutes.

CHOCOLATE CUPCAKES

- 1 cup flour
- $\frac{1}{4}$ cup cocoa
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ teaspoon soda
- 1 teaspoon salt
- 3 ozs. butter
- $\frac{1}{2}$ cup sour milk
- 1 teaspoon vanilla
- 1 egg

Place paper cups in muffin tin and preheat oven to 400.

Sift dry ingredients into large bowl of mixer. Add soft butter, milk and vanilla. Beat for about 30 seconds at low speed. Scrape side of bowl with rubber spatula. At medium speed, beat 2 minutes. Add egg and beat for another 1 minute. Spoon batter into papers, half full. Bake about 20 minutes.

Make cupcakes from the same batter as hot milk sponge cake, Lady Baltimore Cake or Gold Loaf Cake. Decorate with butter icing and sprinkle with chocolate vermicelli or hundreds and thousands.

ITALIAN CUPCAKES

- 3 cups flour
- 3 teaspoons baking powder (4 at sea level)
- 1/2 lb. butter
- pinch of salt
- 2 cups sugar
- 4 eggs
- 1 teaspoon vanilla
- 1 cup milk plus 2 tablespoons
- 1 cup chopped nuts

Sift flour, salt and baking powder. Cream butter and sugar. Add eggs one at a time. Add dry ingredients alternately with the milk. Fill paper cups half full. Sprinkle each top with nuts. Bake in 400 oven for 15 - 20 minutes, or until a toothpick comes out clean.

LAMINGTON SQUARES

- 4 ozs. butter
- 1 cup sugar
- 2 eggs
- 1 cup milk
- 1/2 teaspoon soda
- 1 1/2 cups flour
- pinch of salt
- 1 teaspoon cream of tartar

Cream butter and sugar. Add eggs, one at a time, beating well after each addition. Dissolve soda in milk and sift dry ingredients. Add to the butter mixture alternately. Place in a greased 9 in. square tin. Bake in 350 oven for 20 minutes. When cold, cut into squares and dip in chocolate icing and roll in coconut.

CHOCOLATE ICING

- 1 cup boiling water
- 2 ozs. butter
- 1 1/2 teaspoons vanilla
- 2 tablespoons cocoa
- 1 1/4 cups icing sugar

Mix all ingredients. Bring to the boil. Dip squares into icing while the icing is hot.

REFRIGERATOR CAKES**FUDGE CREAM ROLL**

- 30 crisp biscuits (ginger snaps or round chocolate biscuits)
- 2 cups cream
- 4 tablespoons castor sugar

Whip the cream stiff with the castor sugar. Spread a spoonful of cream on a biscuit. Place a biscuit on top. Continue doing this until there is a pile of biscuits with whipped cream between them. Lay pile lengthwise on a serving platter. Cover the roll with whipped cream. Chill overnight. To decorate, garnish with walnut or pecan halves. If you use ginger biscuits add bits of chopped candied ginger to the cream. Serve with quick fudge sauce:

Melt over boiling water 8 ozs. semi-sweet chocolate. Stir in, 1 tablespoon at a time, 3 tablespoons cream. Stir until smooth and glossy. Remove from heat.

PINEAPPLE CREAM SLICE

- 1 medium can broken pineapple pieces
- 1/2 pint sweet cream
- 2 packets boudoir biscuits (lady fingers)

Drain pineapple pieces in a sieve until quite dry. Save all the juice. When pieces are dry, cut up very small. Whip cream until stiff and mix lightly with pineapple.

Put a piece of waxed paper or tin foil on a plate or a small board. This must be slightly bigger than the width of one boudoir biscuit and the length of 9 biscuits. Quick dip 9 biscuits in the pineapple juice. Just enough to moisten them, not enough to make them soggy. Place these biscuits side by side on the waxed paper and cover with pineapple cream. Repeat the process until all the biscuits and cream are used. Leave enough cream mixture to cover sides.

Cover sides and top slice with chocolate vermicelli or toasted coconut.

Decorate with cherries and place in refrigerator for 24 hours before serving.

APPLE CREAM ROLL

- 1 small tin pie apples or 4 large stewed apples
- 1/2 pint cream
- 1 packet boudoir biscuits
- 2 ozs. cherries
- 1 oz. pecan nuts

Rub the apples through a sieve and sweeten to taste. Beat cream until thick. Crush biscuits to fine crumbs, chop cherries and nuts. Fold apple puree into cream. Stir in cherries, nuts and crumbs and blend well. Shape into a roll. Coat with chopped nuts and cover with tin foil. Chill until firm, at least overnight. Serve in slices, with either custard or cream.

EGGNOG ANGEL CAKE

Cut a 10 in. angel or chiffon cake into 4 equal layers. Make the filling:

- 4 ozs. butter
- 2 cups icing sugar
- 3 egg yolks
- 2 teaspoons vanilla
- 1/3 cup brandy
- 1/4 teaspoon nutmeg
- 1 pint heavy cream
- 2 tablespoons icing sugar

Cream the butter and the icing sugar until light. Blend in yolks, 1 teaspoon of the vanilla, the brandy and the nutmeg. Spread filling between the layers. Whip cream until stiff. Flavour with the 2 tablespoons icing sugar and remaining teaspoon vanilla. Ice top and sides of cake. Chill for 6 hours. Garnish with strawberries.

N.B.—Don't let the fact that an angel cake or a chiffon cake is called for in the recipe put you off. Substitute ladyfingers and make alternate layers of ladyfingers and the butter cream. Dip the biscuits into a mixture of liqueur and fruit juice. Don't soak them, just dip them.

MARIE BISCUIT FRIDGE CAKE

- 1 pint very thick custard (pastry cream is good here)
- 1 packet Marie biscuits
- 1 tin sweetened condensed milk
- $\frac{1}{4}$ cup lemon juice

Make alternate layers of biscuits and custard until they are used up. Beat the condensed milk with the lemon juice slowly. This will become very thick. Spread this mixture over the biscuit and custard cake. Crumble a few Marie biscuits and sprinkle on top of the cake. Garnish with nuts and cherries. Leave in the refrigerator at least one day.

ORANGE CREAM LADYFINGER CAKE

- 2 dessertspoons gelatine
- 1 cup sugar
- $\frac{1}{8}$ teaspoon salt
- $1\frac{3}{4}$ cups orange juice
- 6 eggs, separated
- 2 tablespoons lemon juice
- 1 teaspoon grated orange rind
- 1 teaspoon grated lemon rind
- 2 tablespoons Van der Hum
- 1 pint cream
- finger biscuits
- $\frac{1}{2}$ cup drained mandarin oranges (optional)

Soak gelatine to soften in a little cold water. In the top of a double boiler mix together $\frac{3}{4}$ cup of the sugar and salt. Stir in the orange juice. Place over hot water and heat until scalding. Beat egg yolks until light and stir in the hot orange juice mixture. Return to the top of the double boiler and cook over hot water, stirring, until slightly thickened. Remove from heat. Dissolve the gelatine in the mixtures. Stir in lemon juice, rinds and Van der Hum. Cool.

Beat egg whites until stiff and beat in remaining $\frac{1}{4}$ cup sugar. Fold into the orange gelatine mixture. Whip cream until stiff and fold in.

Line a 9 in. springform pan with removable bottom with ladyfingers. Butter pan round the edges so that the biscuits will stand upright. Pour the mixture into the pan. Chill until set. Remove from pan and garnish with mandarin oranges.

DATE FRIDGE CAKE

- 1 packet Marie biscuits
- 4 ozs. butter
- $\frac{1}{2}$ cup sugar
- 1 egg
- $\frac{1}{2}$ cup dates, cut up
- $\frac{1}{2}$ cup chopped walnuts
- 1 dessertspoon cocoa
- 1 teaspoon coffee essence

Melt sugar and butter and cool. Add beaten egg cocoa and coffee. Heat until it thickens. Add to broken pieces of Marie biscuits and dates and walnuts. Do not over mix. Put into a paper-lined loaf tin and set in fridge for at least 2 hours.

BONBON CAKE

- 6 ozs. plain chocolate
- 2 tablespoons butter
- 1 dessertspoon gelatine
- $\frac{1}{4}$ cup cold water
- 3 eggs, separated
- $\frac{1}{2}$ cup sugar
- pinch of salt
- $1\frac{1}{2}$ cup scalded milk
- 2 teaspoons rum flavouring (optional)
- 1 teaspoon vanilla

Place chocolate, broken up into pieces, and butter in top of a double boiler. Melt over hot water. Stir occasionally until melted. Place eight 2 in. paper cups in muffin tins. Divide equal amounts of chocolate among paper cups. Swirl around sides and bottom of cups with the back of a spoon.

Leave in refrigerator for several hours. Soften gelatine in cold water. Beat yolks slightly in top of a double boiler. Add $\frac{1}{4}$ cup of the sugar and salt. Gradually stir in scalded milk. Cook, stirring constantly, over hot water until mixture coats a spoon. Add softened gelatine, rum flavouring and vanilla and stir until dissolved. Chill until the mixture is slightly thicker than the consistency of an unbeaten egg white. Beat egg whites until stiff, gradually beat in remaining sugar. Fold into custard. Remove paper from chocolate shells and chill before serving.

PEACH MARSHMALLOW CAKE

- 1 dessertspoon gelatine
- $\frac{1}{4}$ cup cold water
- 4 ozs. soft butter
- 1 cup icing sugar
- 2 eggs, separated
- $\frac{1}{2}$ lb. marshmallows, cut into small pieces
- 4 cups sliced peaches
- 2 cups crushed biscuit crumbs

Soften gelatine in water for 5 minutes. Cream butter and sugar and blend in egg yolks. Cook over low heat, stirring constantly until thickened. Remove from heat, add gelatine and stir until dissolved. Cool slightly, add marshmallows, blend lightly and chill until mixture begins to thicken. Fold in sliced peaches and beaten egg whites. Arrange alternate layers of biscuit crumbs and peach filling in a mould or loaf tin, beginning and ending with crumbs. Chill until firm. Unmould and serve.

An interesting alternate mixture for filling:

RHUBARB FILLING

- $1\frac{1}{2}$ cups sweetened condensed milk
- $\frac{1}{4}$ cup lemon juice
- 1 cup unsweetened stewed rhubarb

Blend milk and lemon juice together. Add rhubarb.

TOLL HOUSE CHOCOLATE ICEBOX CAKE

Melt in top of double boiler:

2 ozs. chocolate

Add:

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ cup water

4 egg yolks

Cook until thick and smooth. Cool

Cream together:

1 cup icing sugar

$\frac{1}{2}$ lb. butter

Add chocolate mixture and fold in 4 stiffly beaten egg whites. Line a mould with finger biscuits and turn mixture into mould.

Decorate with whipped cream or with nuts and maraschino cherries.

Remember the recipe for butter cream in the Black Forest Cake? This is wonderful for refrigerator cakes. Line a dish with finger biscuits, spread with butter cream flavoured as you like and make alternate layers of biscuits and cream. Cover the top and sides with the cream. Decorate with crushed praline, cherries and whipped cream.

PORCUPINE ICEBOX CAKE

2 doz. ladyfingers

1 cup butter

6 egg yolks

6 tablespoons castor sugar

6 tablespoons sherry

6 tablespoons strong coffee

$\frac{1}{4}$ lb. almonds, blanched and chopped or sliced

Mix the coffee and sherry. Use half of it to moisten the biscuits.

Cream butter and add yolks, one at a time. Stir well, add sugar and half of the coffee and sherry, beating all the time. Be careful to add the liquid a little at a time. Arrange the biscuits on a plate. Cover with creamed mixture. Place more biscuits and more cream until it is all used up. Cover the top and sides with cream. Insert the almonds into tops and sides.

Icings and Fillings for Cakes

CONFECTIONERS' ICING

Used to pour on yeast cakes and for a light icing on biscuits.

1 egg white

$\frac{1}{2}$ cup icing sugar

$\frac{1}{2}$ teaspoon vanilla

Beat the egg white until stiff and add the sugar gradually. Continue beating till the mixture is smooth and light. Add flavouring.

or

2 tablespoons milk or water or lemon juice

1 cup icing sugar

Stir the icing sugar into the liquid. Add melted chocolate if you like.

BOILED ICING

2 cups sugar

1 tablespoon syrup or liquid glucose (obtainable from the chemist)

$\frac{1}{2}$ cup water

2 egg whites

$\frac{1}{8}$ teaspoon cream of tartar

$\frac{1}{2}$ teaspoon vanilla

Cook the sugar and water together. Stir until the sugar is dissolved. Cook without stirring until a little of the mixture dropped into cold water forms a soft ball. Beat egg whites with the cream of tartar until stiff, but not dry. Pour syrup over egg whites in a slow steady stream. Beat all the time. Add 1 teaspoon vanilla.

TUTTI-FRUTTI FROSTING

Just before spreading fold in $\frac{1}{2}$ cup chopped nuts, $\frac{1}{2}$ cup chopped cherries and chopped candied pineapple or other glace fruit.

SEVEN-MINUTE ICING

Combine

$1\frac{1}{2}$ cups sugar

$1\frac{1}{2}$ teaspoons syrup or liquid glucose (obtainable from the chemist)

2 egg whites

5 tablespoons cold water

$\frac{1}{2}$ teaspoon salt

In top a double boiler. Cook over boiling water and beat until mixture stands in peaks.

CREAMY BUTTER ICING

Cream 3 ozs. butter. Gradually add $3\frac{1}{2}$ cups icing sugar. Blend in 2 tablespoons cream and 1 teaspoon vanilla.

If you want chocolate butter icing, then sift $\frac{1}{2}$ cup cocoa with the icing sugar.

CHOCOLATE BUTTER ICING

Cream 2 ozs. butter with 3 cups sifted icing sugar. Add 4 tablespoons hot cream or top milk and 1 teaspoon vanilla. Add $1\frac{1}{2}$ ozs. melted chocolate. Beat until of spreading consistency.

For **MOCHA ICING** substitute hot coffee for cream.

APRICOT JAM ICING

Cream 2 tablespoons butter with 2 tablespoons smooth apricot jam. Blend in 3 cups icing sugar and 3 tablespoons cream. Beat well. If too thick, add a little more cream.

LEMON BUTTER ICING

Cream

2 ozs. butter

Add

2 tablespoons milk
1 teaspoon grated lemon rind
1 tablespoon lemon juice
pinch of salt
2 cups icing sugar

Blend until smooth and of spreading consistency. You can use orange juice or unstrained grenadilla pulp in place of the lemon.

CHOCOLATE ICING FOR SACHERTORTE OR RICH NUT CAKE

4 ozs. bittersweet or plain chocolate
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ cup water
3 tablespoons water
1 tablespoon butter
2 tablespoons cream

Place 4 ozs. chocolate in a pan with $\frac{1}{4}$ cup water. Melt slowly over low heat. Make a syrup of $\frac{1}{2}$ cup sugar and 3 tablespoons water. Add the chocolate and stir until it boils. Add the butter and cream. Cook a little longer. Stir when it begins to thicken, then remove from fire. As soon as it cools, use for icing. Do not place cake iced with this icing in refrigerator. It will lose its glaze.

BROILED COCONUT ICING

3 tablespoons butter
5 tablespoons brown sugar
2 tablespoons cream
 $\frac{1}{2}$ cup shredded coconut

Mix all ingredients. Spread on warm cake, before removing cake from pan. Place under the grill and grill until sugar is melted and bubbles. Just a few minutes.

FILLINGS**CHOCOLATE FILLING**

$\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup grated chocolate
 $\frac{1}{2}$ cup sugar
1 tablespoon Maizena

Mix dry ingredients, stir in the milk. Cook in double boiler until thick. When cool add vanilla or coffee essence to taste.

CHOCOLATE NUT FILLING

$1\frac{1}{2}$ cups brown sugar
 $\frac{3}{4}$ cup cream
2 ozs. grated chocolate
4 ozs. butter
 $\frac{3}{4}$ cup chopped nuts

Boil sugar, cream and butter until thick. Stir until cool. Add chocolate melted over hot water, and nuts and spread between layers.

CUSTARD FILLINGS

VANILLA

1 cup hot milk
 $\frac{1}{2}$ cup sugar
1 tablespoon Maizena
2 egg yolks
 $\frac{1}{2}$ teaspoon vanilla

Mix Maizena and sugar. Add the hot milk and pour gradually on beaten egg yolks. Cook in double boiler, stirring until thickened. Cool and flavour with vanilla or liqueur.

COFFEE

Add $1\frac{1}{2}$ tablespoons instant coffee.

ALMOND

When cool add 1 cup blanched, chopped almonds.

ORANGE OR LEMON FILLING

$\frac{1}{2}$ cup sugar
2 tablespoons flour
a little grated orange rind
 $\frac{1}{4}$ cup orange juice
 $\frac{1}{2}$ teaspoon lemon juice
1 teaspoon butter
1 egg slightly beaten

Mix in order given. Beat well, cook in double boiler. Stir constantly until thick. Cool and use. For a lemon filling use the grated rind of 2 lemons, $\frac{1}{4}$ cup lemon juice and 1 cup sugar.

MINT CREAM FILLING

$\frac{3}{4}$ cup sugar
4 tablespoons Maizena
 $\frac{1}{4}$ teaspoon salt
1 cup water
2 egg yolks
1 tablespoon butter
1 teaspoon peppermint extract
a few drops green vegetable colouring

Mix the sugar, except for 2 tablespoons, Maizena and salt. Add water slowly and cook in double boiler until very thick, stirring constantly. Mix the egg yolks with the remaining 2 tablespoons sugar and add to mixture. Cook 3 minutes longer. Add butter and stir until smooth. Add mint extract and colour a delicate green.

GINGER FRUIT FILLING

Mix well in the top of a double boiler and cook, stirring constantly, over hot water for about 10 minutes:

$\frac{1}{4}$ cup icing sugar
3 tablespoons Maizena
 $\frac{1}{2}$ teaspoon salt
1 cup canned pineapple juice

Cover and cook about 10 minutes longer. Remove from heat and add:

$\frac{1}{2}$ cup mashed banana
 $\frac{1}{2}$ cup crushed pineapple

Return to the heat for 2 minutes more. Stir gently. Add 3 tablespoons finely chopped ginger and 1 teaspoon vanilla.

FILLINGS FOR YEAST CAKES

ORANGE FILLING

6 ozs. butter

 $\frac{2}{3}$ cup orange marmalade $\frac{2}{3}$ cup coarsely chopped nuts

Cream butter, marmalade and nuts together.

CHEESE FILLING

2 tablespoons sultanas

1 tablespoon brandy

1 cup cream cheese

 $\frac{1}{4}$ cup sugar

1 tablespoon flour

1 egg yolk

1 teaspoon melted butter

1 tablespoon sour cream

 $\frac{1}{2}$ teaspoon grated lemon rind

1 teaspoon vanilla

Mix sultanas with brandy. Cream cheese, sugar and flour. Stir in egg yolk, then melted butter, sour cream, lemon rind and vanilla. Add soaked sultanas.

POPPY SEED FILLING

 $\frac{1}{2}$ lb. poppy seed $\frac{1}{2}$ cup butter $\frac{1}{2}$ cup honey

2 tablespoons cream

1 cup chopped nuts

a grated apple

1 teaspoon grated orange rind

Pour boiling water over seeds to cover. Allow to stand for a few hours. Then drain well. You are supposed to mince the seeds. I don't and nobody seems to complain. Cream butter and honey together. Add cream. Stir in poppy seed, nuts, apple and grated orange rind.

APPLE CUSTARD FILLING

3 large apples, peeled

1 lemon, juice and rind

 $\frac{3}{4}$ cup sugar

1 tablespoon flour

3 tablespoons water

2 egg yolks

2 tablespoons butter

 $\frac{1}{2}$ teaspoon vanilla

Shred apples on coarse grater. Mix apple, lemon juice, rind and sugar in a saucepan. Cook over medium heat until almost boiling.

Stir in flour which has been mixed with water. Stir until apple mixture has thickened. Stir 2 tablespoons of hot filling into egg yolks. Pour egg yolk mixture back into pan. Cook over low heat for 4 minutes. Stir in butter and vanilla.

APRICOT CREAM FILLING

 $\frac{1}{3}$ cup sherry

2 tablespoons flour

 $\frac{2}{3}$ cup smooth apricot jam

1 teaspoon grated lemon rind

3 tablespoons lemon juice

3 tablespoons orange juice

3 egg yolks

Add sherry to flour. Mix until smooth. Add jam, lemon rind and juice and orange juice. Stir until smooth. Place in a heavy saucepan. Cook over low heat, stirring until thick. Stir a few spoons of hot sauce over egg yolks. Pour yolks back into pot. Cook and stir but do not boil, until cream is smooth.

ALL THE ABOVE FILLINGS ARE WONDERFUL BAKED IN COFFEE CAKES (YEAST CAKES) OR AS FILLINGS FOR DANISH PASTRY.

MOCK CREAM

2 ozs. margarine or butter

2 ozs. sugar

1 oz. Maizena

 $\frac{1}{2}$ pint milk

Cream the fat and the sugar until white and fluffy. Blend the Maizena with a little of the cold milk, heat the remaining milk and pour on to blended Maizena. Return to the pan and boil until the Maizena is well cooked. Whisk until cold and then gradually whisk in the creamed fat and sugar.

MOCK CREAM

2 ozs. butter or margarine

2 ozs. castor sugar

2 tablespoons boiling water

2 tablespoons cold milk

Cream the fat and the sugar until light and fluffy. Add the boiling water, drop by drop and beat well. Add the cold milk, drop by drop, and beat well.

MOCK CREAM (3)

I should call this very, very mock, but good just the same.

Grate a peeled apple very finely. Whip an egg white until very stiff. Whip in 2 ozs. castor sugar and the grated apple.

MARSHMALLOW TOPPING FOR TARTS

 $\frac{1}{2}$ lb. marshmallows $\frac{1}{2}$ cup milk

Melt the marshmallows in a double boiler with the milk. Cool but do not allow to set. Add $\frac{1}{2}$ pint cream, whipped. Fold in the cream with a little vanilla essence. This makes a very good topping to a fruit flan.

Bread, Scones, Waffles etc.

WHITE BREAD

- 1 cake yeast softened in $\frac{1}{4}$ cup lukewarm water
- $\frac{1}{4}$ cup sugar
- 4 cups warm water or half milk and half water
- 4 teaspoons salt
- 2 tablespoons oil
- 12 cups flour

Combine sugar, salt, oil and liquid. Add yeast. Add flour gradually and blend. Turn on to lightly floured board and knead until smooth. Shape into ball and place into a large, warm and oiled bowl. Cover and let rise until doubled in bulk. This should take about 2 hours. Punch down and allow to rise again. When light, divide dough into 4 equal portions. Round up each portion into a small ball. Cover well and allow to rest for 15 minutes. Shape into loaves. Place in greased bread tins. Let rise until doubled in bulk. Bake in 450 oven for 10 minutes. Reduce heat to 375 and bake for another 40 minutes.

FRENCH BREAD

- 1 packet yeast dissolved in $1\frac{1}{4}$ cups lukewarm water

Stir into above

- $1\frac{1}{2}$ teaspoons salt
- 3 tablespoons soft butter or oil
- 2 cups flour

Add 2 more cups flour and turn the dough on to a floured board and knead until it is smooth. Put the dough into an oiled bowl and turn so that the whole surface is coated.

Cover with a damp towel and allow to rise until doubled in bulk, about 2 hours. Punch down the dough. Cover and allow to rise for another 45 minutes. Punch down for third time and allow to rise for 15 minutes.

Shape the dough into a rectangle, 10 by 15 inches, roll it up the narrow way and seal the edges well. Roll it gently in order to elongate it. Butter a baking sheet and sprinkle with mealie meal. Arrange the loaf on it and brush with cold water. Cut diagonal slashes $\frac{1}{4}$ ins. deep along the top. Let the dough stand uncovered for $1\frac{1}{2}$ hours. Preheat oven to 425. On bottom of oven place a pie tin filled with $\frac{1}{2}$ in. boiling water. Bake the bread for 15 minutes. Reduce heat to 375 and bake for another 25 minutes. About 5 minutes before the end of baking brush the loaf with a glaze made of beaten egg yolk mixed with water.

CHALLAH (Braided White Bread or Kitke)

- 6 tablespoon oil
- $1\frac{1}{2}$ cups scalded milk or water
- 2 teaspoons sugar
- 2 teaspoons salt
- 2 cakes yeast
- $\frac{1}{2}$ cup lukewarm water
- 3 eggs
- 7 cups flour

Mix oil in water or milk. Pour into a large mixing bowl. Add sugar and salt. Cool to lukewarm. Dissolve yeast in warm water. Let it stand for about 5 minutes. Add eggs, leaving 1 yolk for brushing in baking. Add egg and yeast mixture to liquid mixture. Stir in 4 cups flour. Mix well and add another 3 cups. Turn out on to floured board and knead until smooth. Place in large greased bowl. Turn dough in bowl so that it gets a complete coating of oil. Cover and allow to rise in warm place until doubled in bulk. Punch down. Divide into 3 parts and divide each part into 3 more parts and braid into 3 loaves. Place each braided loaf in a greased loaf pan. Mix the reserved egg yolk with 1 tablespoon cold water and brush loaves with a pastry brush. Sprinkle with poppy seed. Allow to rise for another hour. Bake in 400 oven for 45-50 minutes or until the loaves sound hollow when tapped.

BROWN BREAD

- 2 packets yeast
- 2 tablespoons treacle or dark brown sugar
- 4 teaspoons salt
- 1 cup warm water
- 1 cup wholemeal bread

Make a sponge by mixing the above ingredients. Allow to stand for about 30 minutes.

Meantime, mix in a bowl:

- 8 cups wholemeal flour
- 2 cups bran flakes or high bulk bran
- $\frac{1}{2}$ cup oil
- 1 cup boiling water into which you have dissolved 2 tablespoons Marmite
- 3 cups cold water to which you have added 1 teaspoon gravy browning

Mix this mixture with your hand or with a wooden spoon. Add the sponge and continue mixing for another minute or two. Kneading is not necessary. Place the dough into 3 well-oiled bread tins so that it comes halfway up the tins. Prick the dough with a large kitchen fork. This ensures even rising. Allow the bread to rise in the tins until it reaches the tops. Bake in 450 oven for 10 minutes. Reduce heat to 375 and bake for another 45 minutes.

NO-KNEAD LIGHT ROLLS

- 1 cake yeast dissolved in
- $\frac{1}{4}$ cup warm water

Place in a separate bowl:

- $\frac{1}{4}$ cup butter or oil
- $1\frac{1}{2}$ teaspoons salt
- 2 tablespoons sugar

Pour over these ingredients and stir until they are dissolved:

- 1 cup boiling water

Cool to lukewarm and add 1 beaten egg. Now add the yeast. Blend in 3 cups flour to make a soft dough.

Place the dough in a large greased bowl and turn it round so that it gets a coating of oil. Cover with a damp cloth until it doubles in size. Punch it down. Shape the rolls to fill about one-third of greased muffin tins. Allow them to rise again until doubled in bulk. Bake in 450 oven for 15 minutes. These are soft and very light rolls. The next recipe is for a roll which is hard and crisp on the outside and soft inside.

BANANA COCONUT BREAD

- 3 ozs. butter
- $\frac{3}{4}$ cup sugar
- 2 eggs
- 3 tablespoons milk
- 1 teaspoon lemon juice
- 2 cups flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon each soda and salt
- 1 cup ripe mashed bananas
- 1 cup coconut, toasted

Cream the butter and the sugar. Add the eggs one at a time. Stir in the milk and the lemon juice. Sift the flour with the baking powder, salt and soda. Add to the butter mixture alternately with the bananas. Fold in the toasted coconut. (To toast the coconut, place it in a pan under the grill for a few seconds.) Bake in 375 oven for approximately 50 minutes.

IRISH SODA BREAD

- 4 cups flour
- 1 teaspoon salt
- 3 teaspoons baking powder
- 1 teaspoon soda
- $\frac{1}{4}$ cup sugar (optional)
- 2 ozs. butter
- 1 egg
- $1\frac{1}{4}$ cup sour milk

Sift the dry ingredients. Cut the butter into them. Beat egg and mix with the sour milk. Add to dry ingredients and stir until blended. Turn out on to floured board and knead until smooth for about 4 minutes. Divide dough in half and shape each into a round loaf. Place each loaf in an 8 in. cake tin, greased and floured. Cut crosses on tops of loaves about $\frac{1}{2}$ in. deep in the middle. Bake in 400 oven for about 35 minutes.

If you want currants added to the bread then add 2 cups currants or raisins to the flour mixture. Plump them in boiling water first. Throw off the boiling water and dry the fruit.

OATMEAL SODA BREAD

Combine 2 cups quick-cooking oatmeal with 1 cup of the sour milk. Allow it to stand for 2 hours. Follow the recipe above but use only 2 cups flour with the other dry ingredients. Cut in the butter. Combine the egg with the remaining sour milk. Stir in the oatmeal mixture.

BOSTON BREAD

- 3 cups flour (or 1 cup white flour, 1 brown and 1 cup mealie meal)
- 3 tablespoons sugar
- 3 tablespoons syrup
- 2 tablespoon butter
- 1 cup mixed candied peel, sultanas and currants
- 2 eggs
- $1\frac{1}{2}$ cups milk
- 1 teaspoon bicarbonate of soda
- a pinch mixed spice

Cream the butter and sugar. Add egg, syrup, fruit, milk mixed with the soda and then the flour. Put in greased cocoa tins and fill half full. Cover with lids. Steam for $2\frac{1}{2}$ hours. Take off lids and put in oven at 400 for 5 to 10 minutes.

Quick Breads

ORANGE DATE BREAD

- 1 cup sugar
- 2 tablespoons butter
- 1 egg
- 1 cup dates chopped fine
- $\frac{1}{2}$ cup orange juice
- rind of 1 orange
- 1 teaspoon soda
- $\frac{1}{2}$ cup hot water
- 2 cups flour

- 1 teaspoon salt
- 1 teaspoon baking powder
- $\frac{1}{2}$ cup chopped nuts

Cream the butter and the sugar. Stir in the egg and beat hard. Mix together in a bowl the orange juice, the rind, soda and hot water and when cool add to the butter-sugar mixture. Sift the dry ingredients and add. Finally stir in the nuts. Pour into bread tin as above and bake in 375 oven for approximately 1 hour.

PEANUT BUTTER BREAD

- 2¼ cups flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup peanut butter
- ½ cup sugar
- 1 teaspoon vanilla
- 1¾ cups milk

Grease a 9 in. x 5 in. x 3 in. loaf pan. Sift dry ingredients. Cream peanut butter, sugar and vanilla until blended. Gradually add milk. Add flour mixture, beating until smooth. Pour into the tin and bake in 375 oven approximately 1 hour. Allow to cool in pan for about 10 minutes. Remove from pan and cool on wire rack.

CURRANT LOAF

- ¼ lb. butter
- 3 cups flour
- ¾ cup sugar
- 2 teaspoons baking powder
- ¼ lb. currants
- 1 cup milk
- 2 eggs
- ¼ teaspoon salt

Rub the butter into the dry ingredients and add the currants. Beat the eggs together with the milk. Add and place mixture in greased and floured loaf tin. Bake in 375 oven for about 50 minutes.

APRICOT OR PRUNE BREAD

- 1½ cups flour
- ½ teaspoon salt
- 1 teaspoon soda
- 1½ cups wholewheat flour
- ¼ cup butter
- ½ cup sugar
- 1 egg
- ¾ cup cooked prune or apricot pulp (baby foods are ideal)
- 1 cup sour milk
- 1 cup chopped nuts

Sift the white flour with the salt, baking powder and soda. Cream the butter with the sugar. Add the egg and then the fruit pulp. Add the wholewheat flour to the white flour mixture and add to the creamed butter and sugar mixture together with the sour milk. Fold in the nuts. Bake in a greased loaf pan at 375 for about 1½ hours.

BABKE

(Use basis Sweet Dough on Page 142).

You may add plumped sultanas to the dough. Do this by bringing ½ lb. sultanas to the boil. Pour off the water and dry the sultanas. Knead them into the dough just before shaping. Shape dough into 3 loaves. Place in buttered and floured bread tins so that dough just reaches half way up the tins. Allow to rise and when light bake in 400 oven for about 50 minutes.

BAIGELS

- 1 packet yeast
- 2 tablespoons sugar
- 2 cups lukewarm water
- 3 tablespoons oil
- 3 cups flour
- 1 teaspoon salt
- 1 egg

Dissolve yeast in the 2 tablespoons of water. Add sugar. Add oil and mix well. Add the lukewarm water and the flour. Knead until smooth. Place dough in greased bowl. Cover and allow to rise about 45 minutes. Punch dough down and divide into 12 pieces. Roll between floured hands into 8 in. coils. Join ends together. Place on greased and floured tin under the grill for 4 minutes. Remove and drop into boiling salted water. Cook for 20 minutes. Drain thoroughly. Replace on baking tin and bake in 400 oven for 15 minutes.

CROISSANTS (Same Dough is used in making Danish Pastry)

- 3½ cups flour
- 1½ cups milk
- 1½ cakes yeast
- ¼ cup sugar
- 1 egg

BUTTER DOUGH:

- 1½ cups butter
- ½ cup flour

Sift ½ cup flour on to a large wooden board. Cut the butter into the flour with 2 knives. Pat this dough on to aluminium foil into a 6 in. by 12 in. rectangle. Place in refrigerator.

Dissolve yeast cakes in warm milk. Add egg and sugar. Add flour gradually. At first stir with a wooden spoon and then knead. Roll out into a rectangle about 10 in. by 14 in. Place butter dough on this rectangle. Fold yeast dough over butter dough and roll out. Fold in 3 parts and roll again. Leave in refrigerator for half-an-hour. Roll out dough again about ½ in. thick. Cut dough into triangles.

Roll from the wide end to the tip. Place the tip facing the greased and buttered tin. Place all the croissants on the tin and allow to rise again in the refrigerator until doubled in bulk. Bake in 450 oven for about 20 minutes.

If you want to make Danish pastries then you can shape the dough in various ways and use several different kinds of filling, e.g. marzipan, apple, pastry cream and jam. After the pastries are baked pour over lemon icing made by mixing icing sugar and lemon juice.

BASIC SWEET YEAST DOUGH

(FOR BABKES, STOLLEN, SCHNECKEN, YEAST BUNS, DOUGHNUTS, ETC., ETC., ETC.)

Scald 2 cups milk.

Soften 2 packets of yeast in $\frac{1}{2}$ cup warm water.

Let yeast stand for 5 minutes.

Put in a large bowl:

1 cup soft butter

$\frac{1}{2}$ cup sugar

2 teaspoons salt

2 teaspoons grated lemon peel (optional)

Pour scalded milk over ingredients in bowl and stir until butter is completely melted. When mixture is cooled to lukewarm blend in 2 cups flour and the yeast. Mix until smooth. Add 7 cups flour about one-third at a time alternately with 4 well-beaten eggs. Turn dough on to lightly floured surface and knead well. Form dough into a large smooth ball and place in a greased bowl. Turn the dough so that it gets a coating all over of the butter in the bowl. Cover with warm towel and allow to rise until doubled in bulk. This should take about $1\frac{1}{2}$ hours. Punch down and allow to rest for about 15 minutes before shaping it. This is sufficient dough to make several coffee cakes and about 2 dozen rolls. The dough can be stored in the refrigerator for about 3 days.

Make sure it is greased and well-covered. Remove amount of dough needed and return remainder to the refrigerator.

BASIC ROLLS

1 tablespoon sugar

$1\frac{1}{2}$ teaspoons salt

2 teaspoons oil

$\frac{1}{4}$ cup boiling water

add $\frac{1}{2}$ cup cold water so that ingredients will be lukewarm

Crumble 1 packet yeast into $\frac{1}{4}$ cup warm water. Add to above mixture together with 1 cup flour. Now add 2 stiffly beaten egg whites.

Blend in another 3 cups flour. Knead dough on floured board. Allow to rise until doubled in bulk. Punch down and allow to rise again for $\frac{1}{2}$ hour. Shape rolls and place on greased and floured tin. Allow to rise again. Brush with egg yolk mixed with water and bake in 400 oven for 25 minutes.

CINNAMON COFFEE CAKE

Grease and flour the bread tins. Place a small quantity of dough into the tins. Brush with $\frac{1}{4}$ cup melted butter, sprinkle with two-thirds cup sugar and 2 teaspoons cinnamon. Cover with more dough so that it reaches half-way up the tin. Allow to rise and bake as for babke.

PLUM COFFEE CAKE

For 1 cake use $\frac{1}{4}$ basic dough.

Lightly grease the bottom of a 9 in. round layer cake pan. Fit the dough into the pan. Cut about 12 plums or apricots in half and arrange on dough cut side up. Sprinkle with 1 cup sugar and 1 teaspoon cinnamon. Dot with butter. Cover with waxed paper and allow to rise until doubled in bulk. Bake at 400 for about 20 minutes. Pour over the cake the following mixture: 1 egg, beaten with 4 teaspoons sugar and 2 tablespoons cream. Continue baking for another 10 minutes.

SCHNECKEN (Snails)

Roll out dough and brush with melted butter. Sprinkle with brown sugar and cinnamon. Cover the dough with finely chopped nuts and roll tightly like a swiss roll. Cut the roll into 2 in. pieces and place on greased and floured baking tin. Allow to rise until double in size and bake for 30 minutes in 375 oven. Another way of baking these buns is to roll the dough up tightly as before and to cut it into 2 in. pieces. Butter a large round baking tin and sprinkle with brown sugar. Place the pieces next to each other in the tin and brush with melted butter. Allow to rise and bake as before. When the buns are baked pour over them lemon icing, a mixture of icing sugar and lemon juice.

Don't be afraid to use yeast. Once you have the knack of handling yeast dough you will make a tremendous variety of cakes and buns. You can vary the type of fruit and nuts and you can make both large and small cakes with the same basic dough. Remember that it all smells tantalising when it comes out of the oven.

BASIC WAFFLE RECIPE

(USE THE SAME RECIPE FOR CRUMPETS)

2 cups flour

3 teaspoons baking powder

1 teaspoon salt

2 tablespoons sugar

2 eggs, separated

$1\frac{1}{2}$ cups milk

6 tablespoons oil

Sift the flour, baking powder, salt and sugar.

Beat the yolks with the milk and oil. Pour into flour mixture and stir just enough to mix the ingredients. Fold in the egg whites which have been beaten until stiff but not dry. Bake in hot waffle iron for 5 minutes or drop from a dessertspoon on to a hot plate for crumpets. Serve with melted butter and syrup or honey.

SCONES MADE WITH OIL

- 2 cups flour
- 4 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup oil, 1 egg beaten together in a cup fill the cup with milk and water until it is full

Sift flour, baking powder and salt. Beat oil, egg, milk and water. Add to dry ingredients. Mix well. Turn on to floured board. Press flat to $\frac{1}{2}$ in. thickness. Cut into squares. Brush over with a little milk or milk and egg beaten together. Bake in 425 oven for 10 minutes.

SCONES MADE WITH BUTTER

Sift together:

- 2 cups flour
- 3 teaspoons baking powder (at the coast 4 teaspoons)
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons sugar (optional)

Cut into the dry ingredients 2-4 ozs. butter, depending on how rich you want the scones. Add 1 cup milk and mix with a fork. Pat out the dough on a floured board and cut into squares with a knife. This is better than cutting into rounds because you do not need to reroll the dough. Bake in 450 oven for about 10 minutes. For a richer scone use 1 egg, beaten in a cup. Fill up the cup with cream. Substitute this liquid for the milk.

CHEESE SCONES MADE IN MUFFIN TINS

Grease and flour muffin tins. Preheat oven to 425.

Grate $1\frac{1}{2}$ cups cheese into a bowl.

Add:

- 1 cup flour
- 1 dessertspoon baking powder
- $\frac{1}{2}$ teaspoon dry mustard

Beat 1 egg in a cup and fill the cup with milk. Pour the liquid over the dry ingredients. Stir for a minute. Pour from a dessertspoon into the muffin tins and bake for about 10 minutes.

GOLDEN CHEESE SCONES

- 2 cups flour
- 4 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 ozs. butter
- $\frac{3}{4}$ cup milk
- $\frac{1}{8}$ teaspoon cayenne pepper
- 1 cup grated cheese

Sift dry ingredients together. Rub butter into them until crumbly. Add grated cheese. Slowly add liquid and stir lightly with a knife. Turn dough on to a floured board and pat out lightly with the hands. Roll out to a thickness of $\frac{1}{2}$ in. Cut with a floured cutter and place on greased pan. Bake in 500 oven for about 12 minutes.

ONION SQUARES

- 2 cups sliced onions
- 3 tablespoons butter
- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 ozs. butter
- 2 tablespoons chopped parsley
- 1 cup milk
- $\frac{1}{3}$ cup sour cream

Saute the onions in the butter until soft. Cool. Sift the flour, baking powder and salt. Cut in the additional butter until the mixture looks like mealie meal. Add the parsley and milk. Stir with a knife. Pat the mixture into a well-greased 9 in. square pan. Spread the onions over the top and pour over the sour cream. Bake in 450 oven for 20 minutes. Cut into squares and serve hot.

GINGER BREAD

Melt $\frac{1}{2}$ lb. butter with 1 cup golden syrup. Cool and add 4 eggs beaten together with 1 cup sour cream.

Sift together:

- 4 cups flour
- 1 cup sugar
- 2 tablespoons ginger
- 1 tablespoon cinnamon
- 1 teaspoon mixed spice.

Add butter and syrup mixture to dry ingredients. Dissolve 1 teaspoon bicarbonate of soda in 1 cup boiling water. Add to batter and stir very well with a spoon. Bake in 2 well-greased and floured bread tins in 375 oven for approximately 1 hour.

COFFEE CAKES

(These are not cakes flavoured with coffee, but generally served with coffee. They are similar in texture to yeast cakes.)

Sift:

- 2 cups flour
- $\frac{3}{4}$ cup sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- cut in $\frac{1}{4}$ lb. butter

Break into a cup 1 egg. Beat it slightly. Fill the cup with milk. Add to mixture. Pour the batter into a greased 9 in. x 13 in. pan and cover with the following glaze:

Stir and bring to the boil over low heat:

- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup milk
- 2 tablespoons butter
- $\frac{1}{4}$ cup honey
- $\frac{1}{2}$ cup chopped nuts

Bake in 375 oven for about 25 minutes.

FRITTER BATTER FOR VEGETABLES, MEAT AND FISH

Mix in a bowl:

- 1½ cups flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon oil
- 2 beaten egg yolks

Add gradually, stirring occasionally:

- ¾ cup flat beer

Allow the batter to stand for at least 3 hours. Just before using fold in 2 stiffly beaten egg whites.

FOR FRUIT:

A batter adheres better to a dry surface. If you use fruit and you marinate the fruit in liqueur, then you must drain off the liquid and use it in the batter, using less liquid in that recipe. Keep fruit slices about ½ in. thick and dust with icing sugar just before dipping into the batter. Leave out the salt and pepper in the previous recipe and add about 1 tablespoon sugar.

DANISH KUCHEN

Sift together:

- 2 cups flour
- 1 cup sugar
- 1½ teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon soda
- ½ teaspoon salt
- ¼ teaspoon nutmeg

Add 1 cup sour milk beaten with 1 egg and ½ cup oil or melted butter.

Stir in 1 cup raisins and 1 tablespoon grated orange rind.

Place mixture in 9 in. x 9 in. x 2 in. greased tin.

Combine:

- ½ cup sugar
- ½ cup chopped nuts
- 1 teaspoon cinnamon

Sprinkle over batter and dot with 2 tablespoons butter. Bake in 375 oven for about 35 minutes.

APPLE KUCHEN

Make the dough as in the previous recipe. Now combine:

- 3 cups peeled and sliced apples
- ¼ cup raisins (optional)
- ¼ cup chopped nuts
- 2 tablespoons sugar
- 1 teaspoon cinnamon

Spread one-third batter in 9 in. x 9 in. x 2 in. greased tin. Cover with apples. Spoon remaining batter over apples and place the remaining apples on top. Sprinkle with ¼ cup coconut if you like it. Bake in 375 oven for about 50 minutes.

BROWN SUGAR DOUGHNUTS

Sift together:

- 2½ cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon

Beat until thick 2 eggs. Add gradually 1 cup brown sugar. Blend in dry ingredients alternately with ¼ cup thick sour cream. If the dough is very sticky add a very little more flour. Chill dough for 1 hour. Turn on to lightly floured surface and roll ½ in. thick. Cut with doughnut cutter. Fry in deep fat or oil. Turn doughnuts with a fork as they rise to the top. Fry for about 3 minutes or until lightly browned. Place on absorbent paper and sprinkle with icing sugar.

CRULLERS

- 4 egg yolks
- ¼ cup icing sugar
- 3 tablespoons butter
- 1½ cups flour
- 1 tablespoon brandy
- 1 tablespoon grated lemon rind

Mix ingredients and stir until well blended. Chill. Turn dough on to floured baking board. Roll out very thin. With a pastry wheel cut strips ¾ in. wide and 3 in. long. Cut a gash in the centre and twist one end through this gash. Fry in deep hot fat until light brown. Drain on absorbent paper and sprinkle with icing sugar.

PIES AND PASTRIES**MOCK PUFF PASTRY**

- 2 cups flour
- 1 teaspoon salt
- ½ lb. butter
- ½ pint thick sour cream

Sift the salt and the flour. Cut in the butter and finally add the cream. If your cream is not very thick, then you will probably need more flour. Your pastry will still be good but it will be better if you use as little flour as possible in rolling.

MUERBERTEIG

This is the dough used by Continental cooks for all fruit tarts. The egg yolks prevent it from becoming soggy.

- 2 cups flour, pinch salt
- 2 egg yolks, mixed with about 2 tablespoons water
- 2 tablespoons sugar
- 6 ozs. butter
- grated rind of 1 lemon

Sift the flour and the salt. Add the sugar and mix with a spoon. Sprinkle the rind over the mixture. Rub in the butter as in the previous recipe and finally sprinkle the egg yolks and water over all. Toss the mixture with a fork and press into a ball. Chill for at least half-an-hour.

BASIC PIE DOUGH

2 cups flour sifted with 1 teaspoon salt
 $\frac{2}{3}$ cup (approx. 6 ozs.) butter
 $\frac{1}{3}$ cup cold water

Cut the butter into the flour. The easiest way to do this is by using the coarse side of a grater. Rub the butter with the tips of your fingers until the mixture has the grain of mealie meal. Sprinkle the dough with water. Blend lightly with a fork. Use just enough water to hold the dough together. When you can gather the dough up in a smooth ball do not handle it any more.

Two cups flour make sufficient pastry for a 2-crust pie or for 2 tarts without tops or lattice. Roll the dough into a round about $\frac{1}{8}$ in. thick and 2 in. larger than the diameter of the pie dish. Add as little flour as possible when rolling. Too much flour toughens the pastry. Too much liquid makes it soggy and too much butter makes it crumbly. Roll from the centre outwards in all directions. If you can, use a pastry cloth and a cloth-covered roller.

Make pastry in a cold place. The more cold air that is introduced into the pastry the lighter it will be.

You need never butter the pie dish. There should be enough butter in the dough to make this quite unnecessary.

When you have rolled your pastry, loosen it from the board, fold it in half, lift it and lay the fold across the centre of the dish and unfold it around the rolling pin. Do not allow air to come between the dough and the dish. Make a fluted edge with the overhanging dough by folding it under and then pinching it between your thumb and index finger. If you want a lattice top, cut the dough into about 10 thin strips with a pastry cutter. Design the lattice on a piece of greaseproof paper. Roll gently with a rolling pin so that the dough sticks firmly to the paper and unroll it on top of the filling.

If you are going to fill the pastry, then do not prick it. Brush the bottom crust with a slightly beaten egg white or melted butter.

If the shell is baked unfilled, prick the dough on the bottom and the sides. Moisten the edges of the dish so that the dough sticks to them. Cover the bottom with a piece of greaseproof paper and dry rice or beans. Bake in a very hot oven for about 12 minutes but remove the paper and beans about 5 minutes before the oven period is completed. Do not stretch the dough too much or it will shrink in baking. Chill the dough beforehand.

CHEESE PASTRY

2 cups flour
 1 teaspoon salt
 $\frac{1}{2}$ lb. butter
 $\frac{1}{2}$ lb. cream cheese

Make this pastry in the same way as the sour cream pastry. It is delicious for jam tarts. Chill the dough well before using. To use as tarts, form pastry over inverted muffin tins. Prick all over and bake in 475 oven for about 10 minutes.

PUFF PASTRY

4 cups flour
 1 teaspoon salt
 1 lb. butter
 1 tablespoon lemon juice
 $1\frac{1}{3}$ cups ice-cold water

Only make puff pastry on a cold day. First of all knead unsalted butter in cold water or under running cold water. This will soften the butter but not melt it. Shape it into a brick about 3 in. x 5 in. x $1\frac{1}{2}$ in. Wrap it in aluminium foil and chill for about 15 minutes. Place the flour in a bowl. Make a well in the centre and add the salt, lemon juice and water. Make a firm, slightly sticky dough. Knead as long as your energy lasts and try to make it last for about half-an-hour. When it is ready it should be smooth and should have lost all its stickiness. Leave it, covered, in the refrigerator for half-an-hour.

Place the dough on a well-floured board or cloth or marble slab. Cut a cross in the centre and roll out four "ears" from the cross, leaving the centre a thick cushion. It should resemble a four-leaved clover. Place the butter on the centre.

Stretch the four rolled-out portions over the butter, overlapping them and sealing the edges and corners. Chill, covered, for half-an-hour.

Roll dough again, evenly as possible, into a rectangle, 18 in. x 8 in. Never roll over the ends of the dough because you will squeeze the butter out. Now bring each end of the rectangle to the centre. Press dough firmly. Fold dough in half like a book. You should have four layers of dough. Chill again. Place the dough on the board with one of the two open ends facing you. Roll into a rectangle once more and fold as before. Repeat the rolling and chilling three more times. When ready to use roll out the pastry $\frac{1}{8}$ in. thick.

TO MAKE PATTY SHELLS

Roll out pastry $\frac{1}{8}$ in. thick.

Cut three 3 in. circles for each case. Place the first circle on a baking tin, ungreased. Brush the circle with egg yolk. Do not allow yolk to drip on sides. Using a smaller cutter or a wineglass cut out the centre of a second pastry circle to make a ring. Place this ring on the first pastry circle. Brush with yolk.

Press a small biscuit cutter or a liqueur glass on the third pastry circle but do not cut right through. Place this on top of the ring and brush with yolk. Bake in 475 oven for 10 minutes. Reduce heat to 375 and bake for another 15-20 minutes or until golden and dry. Remove the indented centre of the top layer with a knife. Return the shell to the oven and let it dry out. Fill the vol-au-vents, as they are called, with whatever mixture you choose, and cover with the baked, removed centre.

PALMIERS

Roll out the puff pastry or the trimmings in granulated sugar instead of flour. Fold the dough to produce 6 layers. Slice with a hot knife. Bake as in cream horns.

FRITTER BATTER FOR VEGETABLES, MEAT AND FISH

Mix in a bowl:

- 1 $\frac{1}{3}$ cups flour
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 tablespoon oil
- 2 beaten egg yolks

Add gradually, stirring occasionally:

- $\frac{3}{4}$ cup flat beer

Allow the batter to stand for at least 3 hours. Just before using fold in 2 stiffly beaten egg whites.

FOR FRUIT:

A batter adheres better to a dry surface. If you use fruit and you marinate the fruit in liqueur, then you must drain off the liquid and use it in the batter, using less liquid in that recipe. Keep fruit slices about $\frac{1}{2}$ in. thick and dust with icing sugar just before dipping into the batter. Leave out the salt and pepper in the previous recipe and add about 1 tablespoon sugar.

DANISH KUCHEN

Sift together:

- 2 cups flour
- 1 cup sugar
- 1 $\frac{1}{2}$ teaspoons baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon nutmeg

Add 1 cup sour milk beaten with 1 egg and $\frac{1}{2}$ cup oil or melted butter.

Stir in 1 cup raisins and 1 tablespoon grated orange rind.

Place mixture in 9 in. x 9 in. x 2 in. greased tin.

Combine:

- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup chopped nuts
- 1 teaspoon cinnamon

Sprinkle over batter and dot with 2 tablespoons butter. Bake in 375 oven for about 35 minutes.

APPLE KUCHEN

Make the dough as in the previous recipe. Now combine:

- 3 cups peeled and sliced apples
- $\frac{1}{4}$ cup raisins (optional)
- $\frac{1}{4}$ cup chopped nuts
- 2 tablespoons sugar
- 1 teaspoon cinnamon

Spread one-third batter in 9 in. x 9 in. x 2 in. greased tin. Cover with apples. Spoon remaining batter over apples and place the remaining apples on top. Sprinkle with $\frac{1}{2}$ cup coconut if you like it. Bake in 375 oven for about 50 minutes.

BROWN SUGAR DOUGHNUTS

Sift together:

- 2 $\frac{1}{2}$ cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon

Beat until thick 2 eggs. Add gradually 1 cup brown sugar. Blend in dry ingredients alternately with $\frac{1}{4}$ cup thick sour cream. If the dough is very sticky add a very little more flour. Chill dough for 1 hour. Turn on to lightly floured surface and roll $\frac{1}{2}$ in. thick. Cut with doughnut cutter. Fry in deep fat or oil. Turn doughnuts with a fork as they rise to the top. Fry for about 3 minutes or until lightly browned. Place on absorbent paper and sprinkle with icing sugar.

CRULLERS

- 4 egg yolks
- $\frac{1}{4}$ cup icing sugar
- 3 tablespoons butter
- 1 $\frac{1}{2}$ cups flour
- 1 tablespoon brandy
- 1 tablespoon grated lemon rind

Mix ingredients and stir until well blended. Chill. Turn dough on to floured baking board. Roll out very thin. With a pastry wheel cut strips $\frac{3}{4}$ in. wide and 3 in. long. Cut a gash in the centre and twist one end through this gash. Fry in deep hot fat until light brown. Drain on absorbent paper and sprinkle with icing sugar.

PIES AND PASTRIES**MOCK PUFF PASTRY**

- 2 cups flour
- 1 teaspoon salt
- $\frac{1}{2}$ lb. butter
- $\frac{1}{2}$ pint thick sour cream

Sift the salt and the flour. Cut in the butter and finally add the cream. If your cream is not very thick, then you will probably need more flour. Your pastry will still be good but it will be better if you use as little flour as possible in rolling.

MUERBERTEIG

This is the dough used by Continental cooks for all fruit tarts. The egg yolks prevent it from becoming soggy.

- 2 cups flour, pinch salt
- 2 egg yolks, mixed with about 2 table-
spoons water
- 2 tablespoons sugar
- 6 ozs. butter
- grated rind of 1 lemon

Sift the flour and the salt. Add the sugar and mix with a spoon. Sprinkle the rind over the mixture. Rub in the butter as in the previous recipe and finally sprinkle the egg yolks and water over all. Toss the mixture with a fork and press into a ball. Chill for at least half-an-hour.

BASIC PIE DOUGH

2 cups flour sifted with 1 teaspoon salt
 $\frac{2}{3}$ cup (approx. 6 ozs.) butter
 $\frac{1}{3}$ cup cold water

Cut the butter into the flour. The easiest way to do this is by using the coarse side of a grater. Rub the butter with the tips of your fingers until the mixture has the grain of mealie meal. Sprinkle the dough with water. Blend lightly with a fork. Use just enough water to hold the dough together. When you can gather the dough up in a smooth ball do not handle it any more.

Two cups flour make sufficient pastry for a 2-crust pie or for 2 tarts without tops or lattice.

Roll the dough into a round about $\frac{1}{8}$ in. thick and 2 in. larger than the diameter of the pie dish. Add as little flour as possible when rolling. Too much flour toughens the pastry. Too much liquid makes it soggy and too much butter makes it crumbly. Roll from the centre outwards in all directions. If you can, use a pastry cloth and a cloth-covered roller.

Make pastry in a cold place. The more cold air that is introduced into the pastry the lighter it will be.

You need never butter the pie dish. There should be enough butter in the dough to make this quite unnecessary.

When you have rolled your pastry, loosen it from the board, fold it in half, lift it and lay the fold across the centre of the dish and unfold it around the rolling pin. Do not allow air to come between the dough and the dish. Make a fluted edge with the overhanging dough by folding it under and then pinching it between your thumb and index finger. If you want a lattice top, cut the dough into about 10 thin strips with a pastry cutter. Design the lattice on a piece of greaseproof paper. Roll gently with a rolling pin so that the dough sticks firmly to the paper and unroll it on top of the filling.

If you are going to fill the pastry, then do not prick it. Brush the bottom crust with a slightly beaten egg white or melted butter.

If the shell is baked unfilled, prick the dough on the bottom and the sides. Moisten the edges of the dish so that the dough sticks to them. Cover the bottom with a piece of greaseproof paper and dry rice or beans. Bake in a very hot oven for about 12 minutes but remove the paper and beans about 5 minutes before the oven period is completed. Do not stretch the dough too much or it will shrink in baking. Chill the dough beforehand.

CHEESE PASTRY

2 cups flour
 1 teaspoon salt
 $\frac{1}{2}$ lb. butter
 $\frac{1}{2}$ lb. cream cheese

Make this pastry in the same way as the sour cream pastry. It is delicious for jam tarts. Chill the dough well before using. To use as tarts, form pastry over inverted muffin tins. Prick all over and bake in 475 oven for about 10 minutes.

PUFF PASTRY

4 cups flour
 1 teaspoon salt
 1 lb. butter
 1 tablespoon lemon juice
 $1\frac{1}{4}$ cups ice-cold water

Only make puff pastry on a cold day. First of all knead unsalted butter in cold water or under running cold water. This will soften the butter but not melt it. Shape it into a brick about 3 in. x 5 in. x $1\frac{1}{2}$ in. Wrap it in aluminium foil and chill for about 15 minutes. Place the flour in a bowl. Make a well in the centre and add the salt, lemon juice and water. Make a firm, slightly sticky dough. Knead as long as your energy lasts and try to make it last for about half-an-hour. When it is ready it should be smooth and should have lost all its stickiness. Leave it, covered, in the refrigerator for half-an-hour.

Place the dough on a well-floured board or cloth or marble slab. Cut a cross in the centre and roll out four "ears" from the cross, leaving the centre a thick cushion. It should resemble a four-leaved clover. Place the butter on the centre.

Stretch the four rolled-out portions over the butter, overlapping them and sealing the edges and corners. Chill, covered, for half-an-hour.

Roll dough again, evenly as possible, into a rectangle, 18 in. x 8 in. Never roll over the ends of the dough because you will squeeze the butter out. Now bring each end of the rectangle to the centre. Press dough firmly. Fold dough in half like a book. You should have four layers of dough. Chill again. Place the dough on the board with one of the two open ends facing you. Roll into a rectangle once more and fold as before. Repeat the rolling and chilling three more times. When ready to use roll out the pastry $\frac{1}{8}$ in. thick.

TO MAKE PATTY SHELLS

Roll out pastry $\frac{1}{8}$ in. thick.

Cut three 3 in. circles for each case. Place the first circle on a baking tin, ungreased. Brush the circle with egg yolk. Do not allow yolk to drip on sides. Using a smaller cutter or a wineglass cut out the centre of a second pastry circle to make a ring. Place this ring on the first pastry circle. Brush with yolk.

Press a small biscuit cutter or a liqueur glass on the third pastry circle but do not cut right through. Place this on top of the ring and brush with yolk. Bake in 475 oven for 10 minutes. Reduce heat to 375 and bake for another 15-20 minutes or until golden and dry. Remove the indented centre of the top layer with a knife. Return the shell to the oven and let it dry out. Fill the vol-au-vents, as they are called, with whatever mixture you choose, and cover with the baked, removed centre.

PALMIERS

Roll out the puff pastry or the trimmings in granulated sugar instead of flour. Fold the dough to produce 6 layers. Slice with a hot knife. Bake as in cream horns.

CREAM HORNS

Roll pastry into strips $\frac{1}{4}$ in. thick. Each strip should be about 12 in. long. Roll the strips around metal cones. Chill for half-an-hour. Bake in a very hot oven for 5 minutes and reduce the temperature to 375 and bake another 25 minutes. Glaze before baking with beaten egg yolk mixed with a little milk.

(When you cut puff pastry use a sharp, hot knife, and do not allow the knife to drag through the pastry.

SACRISTANS

Roll out the puff pastry or trimmings $\frac{1}{4}$ in. thick in sugar. Brush pastry with 1 egg beaten with 1 teaspoon milk. Sprinkle with sliced, blanched almonds and additional sugar. Cut dough into strips 1 in. x 4 in. Twist each strip to make a spiral and place on ungreased baking tin. Press down ends of twisted strips firmly so that they do not unwind. Chill thoroughly and then bake. Real puff pastry is unbeatable, but if you do not have the patience to make it, use the recipe for mock pastry made from sour cream. It is a good substitute.

ARCS

Roll out pastry in sugar. Make a long strip 12 in. wide and $\frac{1}{4}$ in. thick. Sprinkle with sugar. Roll up like a swiss roll. Make the roll about 1 in. in diameter. Chill. Slice $\frac{1}{4}$ in. thick. Lay slices flat. Cut through each to centre. Place on ungreased baking tin and separate edges slightly so that they can be spread. Bake in 375 oven for about 30 minutes. Turn over with a spatula 5 minutes before the end of baking.

GATEAU JALOUSIE

Roll out 2 oblongs of pastry, one a little thicker than the other. Fold the thicker piece in two, lengthways, and cut with a sharp knife across the fold leaving one inch of pastry uncut at the top and each end. Spread jam on the first piece after having placed it on an ungreased baking tin. Open out the cut portion and lift it on to the other. Press the edges firmly together. Bake in 375 oven for about 25 minutes. You can serve this as a large tart or you can cut it into fingers $1\frac{1}{4}$ in. wide after baking.

NAPOLEONS

Roll out pastry $\frac{1}{4}$ in. thick to the same size as baking tin. Trim off edges. Place on ungreased baking tin and chill. Prick dough all over with a fork. Bake in 375 oven for about 45 minutes or until pastry is golden brown and puffed. Split pastry horizontally through centre. Place bottom slice on a flat plate. Spread with whipped cream when cool or with custard-cream filling. Cover filling with top of pastry. Cut into long strips 3 in. wide. Cut strips into $1\frac{1}{4}$ in. slices. Dust with icing sugar or pour over lemon icing, made by mixing icing sugar with lemon juice until of pouring consistency.

VIENNA POCKETS

(Also with cream cheese pastry.)

Roll out dough $\frac{1}{4}$ in. thick. Cut into squares and put a teaspoon of jam in the middle. Lift the four corners towards the centre. Pinch edges together threequarters of the way and turn the tips back so that the filling is visible. Place on baking tin and brush with egg yolk. Sprinkle with sugar and bake in 375 oven for about 20 minutes. These are also good with half a canned apricot in the middle. Place a little jam inside the apricot half. You can also make jam tarts by cutting out circles. Place filling in middle. Press edges together with the prongs of a fork and prick the dough with the fork. Sprinkle with sugar and bake.

JAM TARTS

(Very good when made with cream cheese pastry). Roll out pastry in sugar until $\frac{1}{4}$ in. thick. Cut pastry into 3 in. squares. Put a small dab of thick jam in centre. Fold one corner over jam. Brush it with egg white mixed with a little water. Fold opposite corner to overlap slightly and press together firmly. Chill. Bake in 375 oven for about 25 minutes.

BOW TIES

Roll out pastry $\frac{1}{4}$ in. thick in sugar. Trim edges and cut into strips 2 in. x 4 in. Brush with mixture made of 2 egg whites mixed with 2 teaspoons water. Sprinkle with sugar and blanched, chopped almonds. Firmly twist each strip in the centre so that a bow is formed and both nipped surfaces face upward. Place on ungreased baking tin. Chill well and bake in 375 oven for about 20 minutes.

APRICOT APPLE TARTS

Roll out pastry about $\frac{1}{4}$ in. thick and cut into squares, allowing one square to each half apple. Peel, wash and core the apples and cut each apple in half. Place the half apples on the pastry and with a sharp knife cut into thin slices but not right through. Brush with warm apricot jam and bake in a hot oven 375, for about 25 minutes. Remove from oven and brush with a little more jam.

CRUMB CRUSTS

- $1\frac{1}{2}$ cups crumbs, rusks or gingersnaps
- $\frac{1}{4}$ cup icing sugar
- 3 ozs. melted butter
- 1 teaspoon cinnamon (optional)

Mix all ingredients together and pat into a pie dish. Distribute the crumbs fairly evenly over the bottom. Now take another pie dish of equal diameter and press it into the crumbs. Remove the top dish. Bake the crumbs in 325 oven for about 10-12 minutes. Cool before filling. You can also use the back of a spoon for pressing the mixture against the sides of the pan. Chopped nuts can be substituted for some of the crumbs. If you are using this crust for a cheese cake, then make a little more of the mixture and reserve some for sprinkling over the top of the cake.

MERINGUE CRUST

- 2 egg whites
- pinch of salt
- $\frac{1}{8}$ teaspoon cream of tartar
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup chopped nuts

Beat whites, salt and cream of tartar until foamy. Add the sugar, a little at a time. Beat until mixture stands in stiff peaks. Fold in the nuts. Spoon the mixture into a greased pie dish and make a meringue case by spreading the mixture on the bottom of the dish and building up the sides. Bake in 325 oven for 50 minutes.

CRUST FOR SAVOURY TARTS AND FOR CHEESE STRAWS

- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- pinch of cayenne
- pinch of mustard
- 4 ozs. butter
- 4 ozs. grated cheese
- 1 egg yolk mixed with a tablespoon cold water

Cut butter into dry ingredients. Add cheese and finally stir in egg yolk and water. Form into a ball and leave in refrigerator for half-an-hour before using.

CEREAL CRUST

(Good for lemon curd filling)

- 3 cups cornflakes
- 1 cup brown sugar
- 1 cup flour
- $\frac{1}{2}$ teaspoon bicarbonate of soda
- 4 ozs. butter
- 1 cup coconut

Crush the cornflakes until fine. Place in a bowl and add all the dry ingredients except the coconut. Cut in the butter and rub with finger tips. Add the coconut and mix well. Place threequarters of this mixture in a pie dish. Press firmly into dish. Pour cooled filling on top. Cover with remaining mixture, spread evenly. Bake in 375 oven for 30 minutes.

FILLING

- 2 cups sugar
- 4 ozs. butter
- juice and rind of 3 lemons
- 4 egg yolks
- 2 tablespoons Maizena
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ cup water

Combine sugar, butter, juice and rind of 3 lemons. Stir until sugar is melted. Add 4 beaten egg yolks. Stir off fire until well blended. Mix Maizena and flour with cold water. Replace lemon mixture on low heat. Add Maizena mixture and stir constantly until mixture coats a spoon. Pour into a bowl and cool.

STRUDEL PASTRY

- 3 cups flour, sifted
- $\frac{2}{3}$ cup lukewarm water
- $1\frac{1}{2}$ tablespoons oil
- 1 egg plus 1 egg yolk
- pinch of salt

Sift the flour into a bowl with the salt. Reserve 2 tablespoons water and mix the rest of the water with the oil, egg and egg yolk. Add to the flour. Stir. Knead the dough until bubbles form on the outside. You will know when this happens. Don't be impatient. This will take a long time. I do it in my hands while I take a stroll in the garden. The dough will be ready when it comes away cleanly from your hands. Now place it on a warm plate and cover it with a bowl. Leave it for half-an-hour.

Place the dough on a table covered with a floured tablecloth. Roll it with a rolling pin until it is about $\frac{1}{8}$ in. thick. Try to roll it into a circle. Now pull the dough with your fingertips. It is easier if two people work together so that the dough is pulled from two sides simultaneously. But don't worry, every Viennese housewife makes it by herself. Work round and round the table, pulling the dough very gently. Try not to make holes. Don't fret. They can be repaired with little bits of dough. Stretch the dough until it is so thin that you can read newsprint through it. Trim off the thick overhanging edges with a kitchen scissors and discard. Brush the dough with melted butter so that the entire surface is covered. Sprinkle lightly with bread or biscuit crumbs. Sprinkle with sugar and cinnamon and cover with peeled and cored apples, sliced very finely. Sprinkle a few chopped nuts over the apples. Now lift the tablecloth at one edge of the table and roll. As you roll the cloth so the strudel will roll itself. Roll it on a greased and floured baking tin which has no edge on at least one long side. Shape the strudel into a horseshoe shape. Bake in 375 oven for about 25 minutes. This quantity of dough will make 1 very large strudel or 2 smaller ones. You can also roll from 2 sides of the table. When the rolls come to the centre, cut the dough down the middle. Gently ease the strudel on to the baking tin.

CREAM PUFF PASTRY (Choux pastry)

- 1/4 lb. butter
- 1 cup water
- 1 cup sifted flour
- 1/4 teaspoon salt
- 1 teaspoon sugar
- 4 eggs (if the eggs are very large you may find that 3 are sufficient)

Boil butter, water, salt and sugar in a saucepan. Turn down heat when the butter is melted and add the flour all at once. Stir until mixture comes away from the edges of the saucepan. Add the eggs one at a time, beating very vigorously after each addition. I do this in the electric mixer. The paste must be stiff enough to stand in a peak when a spoon is withdrawn. Bake in 475 oven for 10 minutes. Reduce heat to 375 and bake for another 25 minutes. No bubbles of fat should remain on the surface. Prick with a fork as soon as you take them out of the oven. This allows the hot air to escape and prevents them from being soggy inside. This recipe is for baking large cream puffs or eclairs. If you make them smaller, then they will take less time to bake. Always start in a very hot oven and then reduce the temperature.

LINZERTORTE (German Jam Tart)

Cream 6 ozs butter with:

- 1 cup sugar

Add:

- 1 teaspoon grated lemon rind

Beat in, one at a time:

- 2 eggs

Stir in gradually:

- 1 1/4 cups flour
- 1 cup ground almonds
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1 tablespoon cocoa
- 1/4 teaspoon salt

Chill the dough after mixing well.

Pat it into a 9 in. Pyrex dish to 1/2 in. thickness. Chill it again for at least 2 hours. Cover the bottom of the cake generously with jam. Force the remaining dough through a pastry press and make a lattice over the top of the pie. Bake in 425 oven for about 25 minutes. Before serving fill the hollows with more jam or preserves.

CHEESE CAKES AND TARTS**MOCK CHEESE CAKE FILLING**

Mix together:

- 1 tin condensed milk
- 1/2 cup lemon juice and 2 egg yolks

Fold in:

- 2 stiffly beaten egg whites

Bake or 30 minutes in 300 oven.

REFRIGERATOR CHEESE CAKE

Soften 2 dessertspoons gelatine in 1/2 cup cold water.

Beat 3 egg yolks slightly and combine with 1/2 cup sugar and 1/2 cup milk.

Cook in double boiler, stirring until hot. Dissolve gelatine in this mixture.

Add this mixture to 1 lb. cream cheese together with the juice of 1/2 lemon. Add the grated rind of the lemon. Fold in 3 stiffly beaten egg whites and 1 cup whipped cream. Cover the filling with surplus crumbs and refrigerate until set.

BEST OLD-FASHIONED CHEESE CAKE

(Enough for two 8 in. pie dishes or one large cake.)

Cream 1/4 lb. butter together with 2 ozs. sugar.

Add 1 lb. cream cheese and mix well.

Add 2 eggs, salt, cinnamon and a pinch of pepper.

Place cheese mixture into an unbaked shell. Pour over it 1 cup thick sour cream. Cover with lattice strips and brush with beaten egg yolk.

Bake in 375 oven for 35 minutes. Turn off oven and allow to cool in oven.

CHEESE CAKE MADE IN ELECTRIC BLENDER**CRUMB CRUST:**

- 8 rusks
- 1 tablespoon sugar
- 1/2 teaspoon cinnamon
- 2 ozs. butter, melted

Break 3 rusks into the blender and blend by switching the motor on and off 4 times. Empty the crumbs into a bowl and add 2 more rusks. Use up all the rusks. Add the sugar and cinnamon and the melted butter and mix well. Press the crumbs against the sides and bottom of a buttered spring-form pan or a 9 in. Pyrex dish. Chill before adding the filling. Reserve 2 tablespoons mixture for sprinkling on top.

FILLING:

- 1 tablespoon gelatine
- 1 tablespoon lemon juice
- peel of 1 lemon
- 1/2 cup hot water
- 1/3 cup sugar
- 2 egg yolks
- 1/2 lb. cream cheese
- 1 heaped cup crushed ice
- 1 cup sour cream

Place the gelatine, lemon juice, peel and hot water in the blender. Cover and blend at high speed for 1 minute.

Add the sugar, egg yolks and cheese. Cover and blend for a few seconds. Add the ice and cream. Cover and blend for 1/2 minute.

Pour mixture into lined pan or Pyrex dish. Chill until set.

LINDY'S FAMOUS CHEESE CAKE

(16-20 servings. Very good after a light meal.)

CRUST:

- 1½ cups flour
- ⅓ cup sugar
- 1½ teaspoons grated lemon rind
- 2 small egg yolks
- ⅓ cup butter

In the original recipe only 1 cup of flour is used in making the crust. I find that you have to be really expert pastry maker to use such a small quantity of dough. I have increased the amounts by one half and with due deference to Lindy's famous recipe, I have left out the vanilla. This is my own prejudice obtruding. I don't like the mixture of vanilla and lemon! If you do, then add to the beaten egg yolks ¾ teaspoon vanilla. Make the dough in the usual way. Combine flour, sugar, rind. Rub in the butter and moisten the dough with the beaten egg yolks. Form into a ball. Wrap in foil or greaseproof paper. Refrigerate 1 hour.

Remove one-third of the dough from the refrigerator. Roll out directly on the bottom of a 10 in. springform pan. Trim dough even with the edge. Bake in 425 oven for about 10 minutes or until golden brown. Cool.

Roll remaining dough into as long a strip as possible, about 2½ in. wide. Press this strip to the greased side of the pan. If you grease the side, the dough will stick more easily. See that this strip joins the dough on the base of the tin. Trim dough so that it does not overlap the edge of the tin.

FILLING:

- 2½ lbs. cream cheese
- 1¼ cups sugar (original recipe 1¾ sugar, I think this makes the cake too sweet)
- 3 tablespoons flour
- 1½ teaspoons grated lemon rind
- 1½ teaspoons grated orange rind
- 5 eggs
- 2 additional egg yolks
- ¼ cup heavy cream

Mix sugar, cheese, flour and rinds

Add eggs and yolks, one at a time. Do not overbeat but only until mixture is well combined. Add cream.

Assemble spring-form pan with baked crust on bottom and unbaked pastry around side. Pour in filling. Bake in 500 oven for 10 minutes. Reduce heat to 275 and bake for another 50 minutes. Switch off oven and allow cake to cool in the oven. Refrigerate overnight. Serve plain or with a fruit glaze on top.

CHEESE CAKE WITH CRUMB BASE

Make crumb base by crumbing ¾ packet Marie biscuits and mixing with ¼ melted butter. Press into base of Pyrex dish leaving 2 tablespoons of mixture for sprinkling on top.

FILLING:

- 1 lb. cream cheese
- ¼ pint cream
- 2 eggs
- 1 heaped dessertspoon flour
- 2 tablespoons sugar or more, according to taste
- 1 teaspoon vanilla essence

Place Pyrex dish into refrigerator to firm base. Mix cheese, eggs and cream. Add sugar, flour and vanilla. Pour into Pyrex dish. Sprinkle with crumbs. Bake at 350 for 30 minutes. If you want your cheese cake to remain at its maximum height then leave it in the oven switched off, but with the door closed, to cool. It will then not drop.

SICILIAN CHEESE CAKE

Make enough dough for a 2-crust pie.

Make a pastry cream as follows:

Place in a double boiler

- 3 eggs
- ¾ cup sugar
- 1½ cups milk
- ⅓ cup flour

Beat the eggs and the sugar. Mix the milk with the flour to a smooth paste. Stir over hot water until thick. Add 3 ozs. butter and stir until butter is melted. Flavour with 2 dessertspoons of liqueur, e.g. maraschino or kirsch.

Cool the pastry cream and mix it with 1 lb. cream cheese. Add to this mixture a few tablespoons chopped crystallized fruit soaked in a little liqueur and if you wish 2 or 3 dessertspoons plumped sultanas, also soaked in liqueur. Add 2 tablespoons blanched and chopped toasted almonds and 2 tablespoons coarsely grated chocolate. Line a spring-form pan with the dough. First cover the bottom of the tin. Assemble the pan and grease the sides. Line the sides and see that the dough joins the dough at the base. Fill the tin with the filling and place a circle of dough over the top. Prick this dough and brush with egg yolk mixed with a little water. Sprinkle with sugar. Turn over the excess dough from the sides over the centre. Along the join made, place alternately green and red maraschino cherries. Bake in 375 oven for 1 hour. Allow to cool in oven with heat off.

FRUIT GLAZE

1 lb. strawberries, uncooked

Sprinkle with icing sugar and allow to stand. Drain off the liquid so that you have $\frac{1}{2}$ cup. If there is less liquid, then add water. Mix together in a small saucepan:

2 tablespoons Maizena

1 tablespoon sugar

$\frac{1}{2}$ cup liquid from the fruit

Stir until smooth and bring to boiling, stirring over medium heat. Let cool slightly. Mix with the strawberries. Do not squash the fruit. Cool mixture thoroughly before spreading over top of cooled cheesecake. Just before serving, place the cake on a plate. Remove side of spring-form pan.

DEEP-DISH APPLE PIE

2 lbs. tart cooking apples

1 tablespoon lemon juice

1 cup sugar

3 tablespoons flour

$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{4}$ teaspoon cloves

$\frac{1}{4}$ teaspoon allspice

$\frac{1}{2}$ cup cream

Wash apples. Core. Slice thinly. Sprinkle with lemon juice.

Combine sugar, flour and spices. Toss with apples and mix well. Add cream. Turn into a deep Pyrex dish.

Roll out enough pastry for a 1-crust pie into a 9 $\frac{1}{2}$ in. circle. Fit over the top of casserole and flute the edge. Make several cuts in the pastry to allow air to escape. Brush with egg yolk mixed with a little water. Bake 50 minutes in 400 oven. Another way of making a deep-dish pie is to cook the fruit separately. Cover the pie dish with aluminium foil and cook the fruit in a medium oven until it is soft. Make the top crust out of sour-cream pastry. Roll it out to the same size as the top of the dish. Place it on a baking tin. Cut out a pattern on the dough. Brush it with egg yolk mixed with water. Allow it to get cold in the refrigerator for at least half-an-hour. Bake it in a very hot oven and when baked, gently ease it off the tin and place it on top of the stewed fruit.

RHUBARB PIE

4 cups diced rhubarb stalks

$\frac{1}{4}$ cup flour

$\frac{1}{2}$ cups sugar

1 tablespoon butter

1 teaspoon grated orange rind

Mix the flour to a smooth paste in $\frac{1}{4}$ cup water or orange juice. Blend with the sugar. Mix into the fruit and allow to stand for 15 minutes before pouring into pie shell. Dot the fruit with butter. Cover the pie with a top crust or with a lattice and bake in 450 oven for 10 minutes. Reduce the heat to 375 and continue to bake for a further 40 minutes.

GLAZED APPLE PIE

Sufficient pastry for 2-crust pie.

FILLING:

1 cup sugar

1 teaspoon cinnamon

$\frac{1}{3}$ cup orange juice

6 cups sliced apples

Heap apples into crust shell. Blend sugar, cinnamon and orange juice and pour over apples. Cover with top crust, sealing the edges. Make a few vents in the crust. Bake in 450 oven for about 10 minutes. Reduce temperature to 350 and bake for another 35 minutes. When pie is cool brush with a mixture of icing sugar and lemon juice, about 1 tablespoon lemon juice to 1 cup icing sugar.

Pie apples, which are canned without sugar and are only slightly cooked, make a very good filling for apple tarts. Use as above. Vary the flavour of apple tarts. Make them spicy sometimes, and at other times make them tart by adding lemon juice and rind. Cook 2 lbs. pie apples in one cup orange juice and 2 tablespoons lemon juice. Sweeten with $\frac{1}{2}$ cup honey and 1 cup brown sugar. Mix 2 tablespoons Maizena to a smooth paste with cold water. Add to the apples. Stir over low heat and allow to come to the boil. Melt 2-3 ozs. butter in the hot apple mixture. Cool the mixture and fill a Pyrex dish lined with pastry. Cover with lattice and bake as above.

Use whatever canned fruit you like as a filling for tarts. Satsuma plums make a wonderful filling. They are tart and are a good end to a dinner. Drain a large tin of plums. Put the juice in a saucepan. Add 2 tablespoons sugar and bring to the boil. Meantime, mix 2 tablespoons Maizena to a smooth paste in cold water. Add to the boiling syrup and stir constantly. Melt 3 ozs. butter in the hot syrup and mix with the plums. Use any canned fruit you like in this way.

CHOCOLATE ANGEL IN MERINGUE SHELL

Beat 3 egg whites until foamy. Add $\frac{1}{2}$ teaspoon cream of tartar with a pinch of salt. Beat until whites stand in soft peaks.

Add $\frac{3}{4}$ cup sugar gradually and beat until very stiff. Fold in $\frac{3}{4}$ cup chopped pecan or walnuts and 1 teaspoon vanilla. Turn the meringue into a buttered 9 in. pie dish and make a shell, building up the sides $\frac{1}{2}$ in. above the edge of the plate. Bake in 300 oven for 50 minutes. Cool.

FILLING:

4 ozs. sweet chocolate melted in a double boiler with 3 tablespoons strong black coffee.

Mix till smooth, take off heat and add 1 teaspoon vanilla. Whip 1 cup heavy cream and fold into melted chocolate. Turn into meringue shell and chill for 2 hours.

ALMOND TART

- 1/2 lb. flour
- 2 tablespoons sugar
- 1 beaten egg yolk mixed with 2 tablespoons cold water
- 1/4 lb. butter
- 2 level teaspoons baking powder.

Fill with raspberry or other berry jam.

TOPPING:

- 1/4 lb. butter
- 2 oz. ground almonds
- 1/2 teaspoon almond essence
- 1/2 lb. castor sugar
- 2 oz. crushed biscuit crumbs
- 2 eggs.

Sift the flour, baking powder and sugar into a bowl, rub in butter, or other shortening finely, and blend into short dough with the egg yolk and water. Roll out to 1/4 inch thick and line a lightly greased sandwich tin. Spread the pastry with jam.

Cream butter and castor sugar well, add 2 egg yolks and almond essence and beat again. Stir in ground almonds and crushed biscuit crumbs. Lastly fold in the stiffly beaten egg whites. Bake in 375 deg. oven for 20-25 minutes.

APPLE PIE

- 2 cups stewing apples or apple puree
- 1/2 tin condensed milk
- 1/2 cup lemon juice
- 2 eggs

Mix all the above ingredients together and pour into shell made as follows: 3/4 cup crushed ginger biscuits mixed with 1/4 lb. melted butter. Keep back 2 tablespoons for sprinkling on top. Bake tart in 350 oven for about 30 minutes. Serve hot or cold, topped with whipped cream.

MELK TERT

Roll out dough into 9 in. Pyrex dish and pour in filling:

- 2 cups milk
- 2 eggs
- 2 tablespoons sugar
- 2 teaspoons flour
- 1 level tablespoons Maizena
- 1 teaspoon cinnamon or nutmeg

Mix flour and Maizena to a very smooth paste with a little of the milk. Bring rest of milk to a boil.

Separate the eggs and beat the yolks. Add these to the blended flour mixture. Pour the hot milk on to the yolks and flour. Return to the pan and cook slowly, stirring all the time. Remove from heat immediately the mixture thickens. Add sugar and stir. Cool a little and add cinnamon and stiffly beaten egg whites. Bake in 375 oven for about 25 minutes or until filling is set.

CHINESE TART

- 1 cup flour
- 4 oz. butter
- 1 egg
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 teaspoon vanilla essence

Rub butter into flour. Add sugar and baking powder. Add eggs and vanilla essence. Roll out. Place half the dough in tart dish and spread firstly with apricot jam, then with the following filling:

- 1 tablespoon butter
- 1 tablespoon sugar
- 1 egg
- sufficient ground almonds to make a soft mixture.

Place remainder of dough on top. Bake in 350 deg. oven for approx. 1/2 hour. Tart can be covered with water icing.

CINNAMON TART

Cream well together 2 ozs. butter, 1/2 cup sugar; add 1 well-beaten egg with 1/2 cup milk and 1/2 teaspoon vanilla essence.

Fold in 1 cup flour, 1 teaspoon baking powder and a pinch of salt.

Place half the batter in a 9 in. Pyrex dish—add cut-up cherries, few nuts and sprinkle on cinnamon and sugar. Cover with remainder of batter and again add cut up cherries, nuts and a sprinkling of cinnamon and sugar.

Bake in 350 deg. oven for 20-25 minutes.

GINGER TART

Grind one packet ginger nuts and mix with 3 tablespoons melted butter. Line Pyrex dish with mixture and allow to set in oven for 2-3 minutes.

FILLING:

Take 2 tablespoons ginger syrup and 2 tablespoons golden syrup, 1 1/2 cups water, mix well and bring to boil. Mix 2 level tablespoons custard powder with enough water and add to mixture. Stir until transparent. Add 1 level dessertspoon gelatine dissolved in 1 tablespoon cold water. Cut up 6 small pieces of preserved ginger and stir into mixture. Pour into shell and leave to set. Decorate with whipped cream to which is added vanilla essence and sugar. Decorate on top with small pieces of ginger.

GRAPE CUSTARD PIE

Cover unbaked pie shell with grapes (the seedless grapes are ideal but they are only obtainable for a very short time.)

Pour same filling as for melk tert over the grapes and bake in 375 oven for 30 minutes. You can substitute bananas or any other fruit for grapes.

PECAN PIE

Line a Pyrex dish with pastry and pour into it the following filling:

- 3 eggs
- 1 cup yellow sugar (brown sugar if the yellow is not available)
- 1 cup golden syrup
- 1 cup coarsely chopped pecan nuts
- 2 ozs. butter, melted
- pinch of salt

Stir eggs lightly. Beat in the sugar, syrup and butter. Add salt. Sprinkle the pecan nuts over the pastry. Pour mixture over the nuts in the unbaked shell. Bake in 375 oven for about 40 minutes. Reduce heat to 250 and cook for another 10 minutes.

OLD-FASHIONED LEMON CURD PIE

Line a dish with pastry and pour into it the following filling:

- 2 ozs. butter
- 3 eggs, slightly beaten
- juice of 2 lemons and rind of 1 lemon
- 1 cup sugar

Beat eggs enough to blend yolks and whites. Add sugar, lemon juice and rind. Add butter last. Pour into shell and bake in 325 oven for about 35 minutes. When cool the filling will congeal like jelly. Serve topped with cream or ice cream.

CHESS PIE

This is good as a large tart, but even better made as little tarts.

Line a Pyrex dish or muffin tin with pastry and pour in the following filling:

- 1 cup brown sugar
- $\frac{1}{2}$ cup white sugar
- 1 teaspoon flour
- 1 teaspoon vanilla
- 2 dessertspoons milk
- $\frac{1}{2}$ cup melted butter
- 2 eggs, unbeaten

Mix together the white and brown sugar and flour. Break the eggs into the mixture. Add milk and vanilla. Melt butter and pour in last. Bake in 350 oven for about 30 minutes. When done it will look puffed and yellow. When cool, it has a jelly-like consistency.

Tarts and Pastries Made with Baked Shells**COFFEE RUM PIE**

In the top of a double boiler combine:

- $\frac{1}{2}$ cup strong coffee
- $\frac{1}{2}$ cup rum
- 6 tablespoons sugar
- 3 tablespoons flour
- $\frac{1}{2}$ tablespoon Maizena
- 1 cup cream

Bring the mixture to a boil, stirring constantly. Beat 5 egg yolks until they are light and lemon-coloured.

Blend a little of the cream mixture with the yolks and stir the eggs slowly in the pan. Cook for another 3 minutes. Cool rapidly by stirring the custard over ice. Pour into a baked pie or meringue shell and decorate with whipped cream.

LEMON PIE

In the top of a double boiler combine:

- 4 egg yolks
- $\frac{1}{2}$ cup sugar
- 6 tablespoons lemon juice
- 1 tablespoon butter
- 1 teaspoon lemon rind

Cook over simmering water, stirring constantly. When the mixture is hot add 2 teaspoons gelatine softened in $\frac{1}{4}$ cup cold water. Allow the gelatine to dissolve. Fold in 4 egg whites, stiffly beaten with $\frac{1}{2}$ cup sugar. Pour the filling into the prepared shell and chill the pie for several hours.

FRENCH STRAWBERRY PIE

Bake a pie shell and fill as follows: Spread soft cream cheese over bottom; put $2\frac{1}{2}$ cups strawberries over the cheese.

Simmer together for 3 minutes:

- 1 cup strawberries
- $\frac{2}{3}$ cup water

Blend and add to boiling mixture:

- 1 cup sugar
- 3 tablespoons Maizena
- $\frac{1}{3}$ cup water

Cover the berries with the cooked mixture and garnish with $\frac{1}{2}$ cup choice-looking strawberries. Serve with whipped cream or ice cream.

PEACH PIE

Bake a pie shell and fill as follows: Sprinkle 2 cups sliced fresh peaches with 1 tablespoon lemon juice and $\frac{1}{4}$ cup sugar. Allow to stand for at least $\frac{1}{2}$ hour.

Drain. There should be about 1 cup syrup.

Add to this syrup 3 dessertspoons Maizena and blend. Cook over low heat until thick, stirring constantly. Remove from heat and add 1 dessertspoon butter and a pinch of salt. Cool.

Place peaches in baked shell. Pour over cooled mixture. Decorate with whipped cream.

BUTTERSCOTCH PIE

Combine in a double boiler:

- 1 cup brown sugar
- $\frac{1}{4}$ cup flour
- 3 tablespoons butter
- $\frac{1}{4}$ teaspoon salt

Cook these ingredients, stirring all the time, until well blended. Add $2\frac{1}{4}$ cups hot milk.

Beat until light:

- 4 egg yolks

Pour a little of the milk mixture over the egg yolks and return yolks and milk mixture to the double boiler. Stir and cook until the yolks thicken. Beat custard until cool. Add $\frac{1}{2}$ teaspoon vanilla and $\frac{1}{2}$ cup crushed peanut brittle. Cover with meringue:

- 2 egg whites whipped until frothy
- add $\frac{1}{4}$ teaspoon cream of tartar

Whip until stiff but not dry and then beat in 1 teaspoon at a time, 3 tablespoons sugar. Don't overbeat. Place pie in 350 oven for about 10 minutes.

BUTTERSCOTCH PIE (2)

- 6 tablespoons butter
- 1 cup brown sugar
- $1\frac{1}{4}$ cups water
- 1 egg yolk
- 1 dessertspoon gelatine
- $\frac{1}{4}$ cup cold water
- 1 pint vanilla ice cream

Melt the butter in a saucepan. Add the sugar and water and heat to a boil. Combine a little of the mixture with the lightly beaten egg yolk, then add to the mixture in the saucepan. Soften the gelatine in cold water. Stir it into the sugar mixture until the gelatine dissolves. Add the ice cream, cut into pieces, and stir until melted. Chill the mixture until thick but not set. Turn it into the prepared pie crust. When ready to serve, garnish with cream and sprinkle with nuts.

CRUMB PIE

Bake a pie shell and fill as follows: Sprinkle the bottom of the shell with chopped nuts or $\frac{1}{2}$ cup plumped raisins. Cook in a double boiler:

- 1 cup brown sugar
- $\frac{1}{2}$ cup hot water
- 3 eggs

Stir until thick and pour into the pie shell.

Work like a pastry:

- 1 cup flour
- 1 teaspoon cinnamon
- pinch of nutmeg and ginger
- 3 ozs. butter

Sprinkle the mixture over the filling. Bake in 350 oven for 20 minutes.

LEMON MERINGUE PIE

- 1 cup sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup flour
- 3 tablespoons Maizena
- 2 cups water
- 3 eggs separated
- 1 tablespoon butter
- $\frac{1}{4}$ cup lemon juice
- grated rind of 1 lemon
- baked 9 in. pie shell

Combine the sugar, salt, flour and Maizena and gradually stir in the water. Cook, stirring all the time, until thick and smooth.

Gradually stir hot mixture into beaten egg yolks, return to low heat and cook, stirring, for 2 minutes. Stir in butter, lemon juice and rind and cool slightly. Pour into baked shell.

Top with meringue:

- 3 egg whites
- $\frac{1}{4}$ teaspoon cream of tartar
- 6 tablespoons sugar

Beat the whites until frothy. Add the cream of tartar and continue beating until the whites are stiff enough to hold a peak.

Gradually beat in the sugar and beat until the meringue is stiff and glossy. Pile the meringue lightly on cooled pie filling, spreading until it touches the edges of the pastry to prevent the meringue from shrinking.

Bake in 425 oven until the top is brown, for about 5 minutes.

STRAWBERRY MINUTE PIE

Bake a pie shell and fill as follows:

Dissolve 1 packet strawberry-flavoured gelatine in 1 cup hot water; add 1 lb. packet frozen sweetened strawberries. Break up berries with a fork. As the berries thaw, the gelatine will thicken. When the filling is partially set pour it into the cooled pie shell.

TROPICAL PIE

- 1 cup pineapple juice
- $\frac{1}{2}$ cup orange juice
- 2 tablespoons lemon juice
- $1\frac{1}{4}$ cups sugar
- $\frac{1}{2}$ cup Maizena
- $\frac{1}{4}$ teaspoon salt
- 4 beaten egg yolks
- 1 tablespoon butter
- 2 stiffly beaten egg whites
- 1 x 9 in. baked pastry shell

Mix fruit juices. Add $1\frac{1}{4}$ cups sugar mixed with Maizena and salt. Blend until smooth. Cook in double boiler until clear and thick, stirring constantly. Add small amount of hot mixture to beaten egg yolks. Stir into remaining hot mixture and cook for about 3 minutes. Add butter and cool. Fold in egg whites. Pour into cooled, baked shell. Spread with meringue made of 2 egg whites and 4 tablespoons sugar. Bake in moderate oven for about 10 minutes or until meringue is lightly browned.

The Lach Pages – Jewish Favourites

CHRIMSLACH

Made with whole matzos.

- 3 matzos
- 2 eggs, separated
- pinch of salt
- 2 ozs. sultanas
- $\frac{1}{2}$ teaspoon cinnamon
- 1 tablespoon ground almonds
- 1 tablespoon sugar
- oil for frying

Soak matzos in water until very soft. Press out all water. Place soaked matzos in a bowl and mash well. Add all other ingredients except for the egg whites. Mix well. Beat egg whites very stiffly and fold in. Drop by tablespoonsful into hot oil and fry until golden brown.

STUFFED CHRIMSLACH

- 4 eggs
- $\frac{3}{4}$ cup warm water
- $\frac{1}{8}$ teaspoon pepper
- $1\frac{1}{2}$ tablespoons potato flour
- $1\frac{1}{2}$ teaspoons salt
- $1\frac{1}{2}$ tablespoons melted fat
- $\frac{1}{8}$ teaspoon ginger
- $1\frac{3}{4}$ cups matzo meal

Beat eggs well. Add remaining ingredients to make a thick batter. If the batter is not thick enough, add more meal. Chill for a few hours. Form into flat patties, allowing 1 tablespoon for each one. Spread filling between 2 layers. Flatten slightly to make round cakes. Fry in hot deep oil or in a frying pan with less oil until golden brown. Serve with cinnamon and sugar or apple jelly.

MEAT FILLING

Mix 1 lb. cooked mince meat, $\frac{1}{2}$ cup fried onion, $1\frac{1}{2}$ tablespoons chicken or vegetable fat, salt and pepper to taste.

PRUNE AND NUT FILLING

Mix together 1 cup pitted and chopped prunes, $\frac{1}{4}$ cup chopped nuts, $\frac{1}{2}$ cup chopped sultanas, $\frac{1}{4}$ cup sugar and juice of 1 lemon.

GESCHMIERTE MATZOS

Dip as many matzos as you require in milk, just to moisten. Spread thickly with cheese mixture: Cream $\frac{1}{2}$ lb. butter with 2 ozs. sugar. Add $\frac{1}{2}$ lb. cream cheese and mix well. Beat 2 eggs with $\frac{1}{2}$ cup sour cream, salt, cinnamon, a pinch of pepper and 1 teaspoon potato flour. Bake in 375 oven until lightly browned on top. Cut into squares while warm.

KICHEL WITH A DIFFERENCE

- $\frac{1}{3}$ cup sugar
- $\frac{1}{3}$ cup oil
- 4 eggs
- approximately 1 lb. self-raising flour

Beat sugar, oil and eggs very well together. Add the flour. Roll out and cut into rectangles. Bake on a cake cooler for about 8 minutes in a 425 oven.

DROP KICHLACH

- 3 eggs
- $\frac{1}{3}$ cup oil
- 1 tablespoon sugar
- $\frac{7}{8}$ cup flour

Beat eggs together with oil, sugar and flour for about 10 minutes in mixer. Drop by teaspoonsful on to a greased baking tin, allowing 2 ins. between kichel for spreading. Bake in 325 oven for about 15 minutes.

KICHEL

- 4 egg yolks
- 2 egg whites
- 2 tablespoons oil
- flour to make a soft but pliable dough

Beat the yolks with the oil. Beat whites until stiff. Fold the whites into the yolks. Add flour. Roll very thinly. With a pastry cutter cut into diamond shapes and place on pre-heated baking tin. Brush over with beaten egg white and sprinkle with sugar. Bake in 475 oven for about 5 minutes, or until brown.

ONE MORE KICHEL

- 3 eggs
- 1 dessertspoon water
- 1 dessertspoon oil
- 2 teaspoons oil
- 2 teaspoons sugar
- pinch of salt

Beat eggs well and add water, oil, sugar and salt. Add enough flour to make a soft dough just firm enough to roll very thin. Cut into rounds or diamonds and place on a hot baking tin. Sprinkle with sugar and bake in 500 oven for 5 minutes.

INGBERLACH

- 3 bunches of carrots
- 1 cup finely chopped walnuts
- 1 dessertspoon ginger
- sugar

Wash and scrape carrots. Cover with water and boil until soft. Drain and grate on fine grater. To each cup of carrot pulp add one cup of sugar. Boil together over low heat. Stir continuously. The mixture must be thick. Add the ginger and stir. Add the nuts. Spread on a wet board to about $\frac{1}{4}$ in. thickness. Cool and cut into diamond shapes.

MEAD

- 1 oz. hops
- 1 gallon honey
- 4 gallons water
- 1 large lemon, thinly sliced

Tie hops in a piece of cheesecloth. Combine water and honey in a large pot and add lemon and hops. Bring to a boil, stirring often. Reduce the heat and cook very gently for 30 minutes, skimming if necessary during cooking. Let cool in the pot. Strain through a double thickness of cheesecloth into a small wooden barrel. Fill the barrel about two-thirds full to allow for fermentation without overflowing. Let it remain in a moderately cool dark place until ready to use. Fermentation takes about 3 weeks. If a dark amber mead is desired, caramelize $\frac{1}{2}$ cup sugar over low heat and add to mead when fermentation is complete.

MRS. BEETON'S RECIPE FOR MEAD

(I must confess to not having made either of these recipes. I have just never possessed so much honey.)

- 5 lbs. honey
- 5 gallons water
- 2 ozs. dried hops
- yeast

Dissolve the honey in water. Add the hops and simmer very gently for 1 hour. Turn into an earthenware bowl. Let it become lukewarm and add the yeast. Allow it to remain covered for 3 days and then strain the liquid into a cask. Bung loosely until fermentation subsides. Then tighten the bung. This mead should remain in the cask for about 1 year and then bottled.

HOW TO ADD THE YEAST

Put a little water in a cup and sprinkle the surface liberally with dried yeast. The yeast is absorbed within half an hour. Stir it to a thick paste. Spread it on a slice of dried toast to a thickness of about $\frac{3}{4}$ in. The toast must be placed yeast downwards on the surface of the juice in the fermenting vessel. The juice is called "must" during fermentation. Taste it after a week. If it is not sweet enough then too much yeast has been added at the beginning. More sugar should be added. If the "must" tastes too sweet, add more yeast.

KREPLACH

Sift $\frac{1}{2}$ lb. flour with 1 teaspoon salt. Make a well in the flour and add 2 eggs mixed with a little water. The dough must be pliable. Neither too soft nor too stiff. Roll out thinly and cut into squares. Put a teaspoonful of cooked minced meat, bound with an egg, on to each square. Fold and stick together. You can moisten the edges and cut with a ravioli cutter, which is just right for this operation. Boil in water or chicken soup after allowing to dry for a little. Sprinkle liberally with flour before cooking. Boil for 15 minutes. Kreplach can be fried in oil. They are then called knishes or verenikes.

PEROGEN LIKE MAMMA USED TO MAKE

- 1 cake yeast dissolved in a little warm water
- 8 cups flour
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup oil
- 1 egg
- 2 teaspoons salt
- $2\frac{1}{2}$ cup water

Make in the same way as bread. Place in greased bowl and allow to double in bulk.

FILLING:

Boil lung with 1 large onion, salt and pepper. Mince.

Roll out dough, fill with lung and brush with beaten egg. Leave to stand for $\frac{1}{2}$ hour. Bake in 350 oven until golden brown. If any dough remains, use for making rolls.

PETZAH (Brawn)

- 1 cow's heel (I don't know what would happen if it were an ox's heel. Anyway you always ask the butcher for a cow's heel)
- 4 cloves garlic
- bayleaves and peppercorns
- salt, pepper and ginger
- 1 large onion

Place all ingredients in large saucepan. Cover with water and boil until the meat falls off the bones. Boil all day and keep on adding more water so that the heel is covered for the first 6 hours. Mince the meat from the bones into the liquid which has been strained. Pour into rectangular Pyrex dishes. Place slices of hard-boiled egg into the liquid. They will fall to the bottom. When cool place in the refrigerator. Serve with strong mustard.

POMERANTZEN

- 6 grapefruit
- sugar and water

Wash fresh grapefruit. Cut them into quarters. Take out all the pulp. Cover the quarters with boiling water and cook till almost soft. Drain and cool. Weigh the grapefruit and use the same weight of sugar. Cook the grapefruit, sugar and $\frac{1}{2}$ cup water. Boil till ready, about 30 minutes. They can be left in the syrup or else drained and rolled in sugar.

ORANGE PLETZLACH

- 6 navel oranges

Boil in water until soft. Throw off the water and leave to cool. When cold, mince. Weigh pulp and take 1 lb. sugar to each 1 lb. of pulp. Simmer sugar and pulp together until it falls away from the pot. Stir often to prevent burning. Put on board and flatten with a wooden spoon. Leave till cold and cut.

YEAST HAMENTASCHEN

- 2 cakes yeast
- $\frac{1}{4}$ cup lukewarm water
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup melted butter
- 1 cup water or water in which potatoes have been cooked
- 5 cups flour
- 3 eggs, beaten

Soften yeast in lukewarm water. Add salt, sugar and butter to water. Add 2 cups flour and beat thoroughly. Add yeast and eggs, mixing well. Add the remaining flour to make a soft dough. Knead on a floured board until smooth and pliable. Place in a greased bowl, cover with a damp cloth and leave until the dough is doubled in bulk. Punch down the dough and turn it over. Let it rise for another half an hour or cover it and chill in the refrigerator overnight.

POPPY SEED FILLING

- 1 cup poppy seed
- boiling water
- 2 tablespoons sugar
- $\frac{1}{4}$ cup honey
- pinch of salt
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup finely chopped almonds

Pour water over seeds and allow to stand until cool. Drain off the water and mince. Cook seed and other ingredients, except for the nuts, over low heat until thick. Stir frequently. Remove from heat and add almonds. Cool.

Pinch off a piece of dough about the size of a small apple. Place a tablespoon of filling in the centre of each round, rolled to $\frac{1}{4}$ in. thickness and round in shape. Bring three sides of the circle together at the centre to form a triangle (this sounds peculiar but it can be done). Pinch edges together to form a ridge. Leave to rise until light. Brush with egg yolk beaten with a little milk. Place on greased baking tins in 375 oven for about 25 minutes.

CHEESE FILLING

- $\frac{3}{4}$ lb. cream cheese
- 2 eggs, well beaten
- 2 tablespoons dry crumbs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon cinnamon

Cream cheese in beater. Add all other ingredients and beat until all the ingredients are blended.

HONEY TEIGLACH

- 5 eggs
- $3\frac{1}{2}$ cups flour and $1\frac{1}{4}$ teaspoons baking powder
- 1 tablespoon oil
- 1 tablespoon sugar
- pinch of cinnamon and ginger

Stir oil into eggs. Sift flour and spices. Add flour mixture to egg-oil mixture. Knead thoroughly. The dough must be soft but firm enough to roll. Pinch off pieces of dough and roll between the hands to form ropes about $\frac{1}{2}$ in. thick. Cut ropes at $\frac{1}{2}$ in. intervals. Place this dough on a floured baking tin. Bake in 375 oven for about 15 minutes.

SYRUP:

- 1 cup honey
- $\frac{1}{2}$ cup brown sugar
- 1 cup chopped nuts

Place honey, brown sugar and, if you like, 2 teaspoons ginger in a large saucepan and bring to a rapid boil. Drop teiglach into the boiling syrup. Cover with a lid and allow to simmer for about 15 minutes. Shake pan occasionally but do not stir. When all the honey is absorbed, pour on to a greased slab, sprinkle with nuts.

SYRUP TEIGLACH

- 6 eggs, less two whites
- $1\frac{1}{2}$ tablespoons oil
- 2 teaspoons ginger
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sugar

Make as in previous recipe, using just enough flour to make a pliable dough. Roll dough as in previous recipe but do not bake. Alternatively, roll dough out into very thin strips and fill. Fold into triangular shapes. When syrup boils put in teiglach. Cover and boil for 25 minutes without removing lid. After that, stir occasionally until teiglach get brown, about 35 minutes. Remove from heat and pour $\frac{3}{4}$ cup boiling water over teiglach. Stir quickly to loosen. Add 1 tablespoon ginger, too, at this stage. Place on wet board. Roll in sugar. You can also make double the quantity of syrup and keep the teiglach in the syrup.

SYRUP

- 4 cups syrup
- 4 cups sugar
- 4 cups water

Bring this mixture to the boil and place teiglach in it.

FILLING FOR TEIGLACH

- 1 lb. prunes, cup up
- 1 lb. mixed dried fruit
- $\frac{1}{2}$ wineglass of brandy
- rind of 1 orange
- 1 teaspoon mixed spice
- 1 teaspoon cinnamon
- 2 tablespoons jam

Mince fruit and add other ingredients. Stir until smooth.

SALTENOSSES

- 2 cups flour
- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup water

Make a stiff dough. Roll thin and cut into rectangles, $2\frac{1}{2}$ in. x 4 in. Place a dessertspoon of cheese mixture on this and roll like an envelope. Press firmly. Bring 2 pints of salted water to the boil. Place saltenosses in the pot and boil for 5 minutes. Drain and place in a buttered baking dish. Add $\frac{1}{2}$ cup milk, 3 ozs. butter, 1 cup cream, 1 tablespoon sugar and cinnamon to taste. Bake in 350 oven for 1 hour.

FILLING:

- 1 lb. cream cheese
- 1 egg
- pepper, salt and sugar to taste

BLINTZES

- 2 eggs
- 2 tablespoons oil
- 1 cup milk or water (or half water and beer)
- $\frac{3}{4}$ cup flour
- $\frac{1}{2}$ teaspoon salt

Beat eggs, oil and liquid. Add flour and salt. Beat until smooth. Pour through a strainer and allow to stand for at least 30 minutes before using. The batter should be the consistency of cream. If there is sufficient oil in your batter you will not need to

grease the pan in which you make the pancakes. Pour 1 tablespoon batter into a hot, small frying pan. Turn the pan so that the batter covers the bottom. If there is too much batter, pour the surplus out. Fry the pancakes on one side only. Stack them, fried side up. Place on each pancake, 1 tablespoon filling. Turn 2 opposite sides in a little bit and roll up carefully. Fry the blintzes in butter or oil. Serve hot with cinnamon and sugar for cheese blintzes.

CHEESE FILLING

- $\frac{1}{2}$ lb. cream cheese
- 2 yolks
- 2 tablespoons sugar
- 1 teaspoon vanilla extract

Blend all the ingredients until smooth.

MEAT FILLING

Mix 2 cups cooked minced meat with 1 egg and salt and pepper to taste. Add 1 tablespoon soup stock.

MUSHROOM FILLING

Boil 1 lb. coarsely chopped mushrooms. Make a thick white sauce, using milk and some of the mushroom liquor. Cool.

APPLE FILLING

Mix 2 cups peeled and cored chopped apples with $1\frac{1}{2}$ tablespoons ground almonds, 1 egg white and sugar and cinnamon to taste.

CHERRY FILLING

Use 1 cup drained cherries. Remove the stones and add 1 tablespoon flour, cinnamon and sugar to taste.

A Few Relishes and Pickles

BREAD AND BUTTER PICKLES

These can be packed into drained jars and sealed or kept in an open jar in the fridge until used up.

- 8 cucumbers
- $\frac{1}{4}$ cup coarse salt
- 1 pint boiling water

Wash and drain cucumbers thoroughly. Cut into $\frac{1}{4}$ in. slices. Toss with salt. Pour boiling water over them and set aside. The following day drain the cucumbers. Discard the liquid. Chop:

- 1 cup onion
- 1 cup green pepper (optional)
- $\frac{1}{4}$ cup red pepper (also optional—not chilli but a red green pepper)

Measure into a saucepan:

- 1 cup vinegar
- 1 cup sugar
- $\frac{1}{2}$ teaspoon celery seed
- $\frac{1}{2}$ teaspoon mustard seed
- $\frac{3}{4}$ teaspoon turmeric

Stir until sugar is dissolved, over medium heat. Increase heat and bring to boil. Add the chopped vegetables and cucumbers and simmer for 5 minutes. Pack into sterilised jars and seal or else keep in ball jars in the fridge.

SPICED PEACHES

Wash and sterilise 3 quart-size ball jars. Set out 24 firm, ripe yellow peaches. Measure into a saucepan:

- 8 cups sugar
- $2\frac{3}{4}$ cups vinegar
- $1\frac{1}{3}$ cups water

Tie in a muslin cloth:

- 4-3 in. sticks of cinnamon
- 4 teaspoons cloves

Add the spice bag and put the mixture on the stove. Bring to boiling and boil for 5 minutes, covered. Boil for another 5 minutes, uncovered. Plunge 8 peaches into boiling water and then into cold water. They will be easier to peel. You can cut peaches in half if you like and remove the pip. Insert clove into each peach. Add the peaches to the hot syrup. Bring to boiling and simmer for 10 minutes. Pack the peaches into 1 jar. Cover the jar with waxed paper and set aside from draughts. Now peel the next 8 peaches. Repeat the process until all the peaches are used. Bring syrup to the boil and pour into jars within $\frac{1}{2}$ in. of top. Seal at once.

SLICED CUCUMBER PICKLE

Peel and slice 4 scrubbed cucumbers. Sprinkle coarse salt over them and cover with a heavy weight. After $\frac{1}{2}$ hour pour off the water. Boil together 1 cup vinegar and 2 cups water. Add 2 dessertspoons sugar, a few bayleaves, peppercorns and 5 cloves of garlic.

After boiling for about 10 minutes over low heat, add the cucumbers and 1 sliced onion. Boil for a few minutes and bottle in ball jars. Keep in the refrigerator.

PICKLED KOSHER CUCUMBERS

Molly Goldberg in her recipe book calls this recipe her oldest living relative.

- 36 small and very firm cucumbers
- 6 tablespoons coarse salt
- 12 cloves garlic
- 2 teaspoons pickling spice
- 12 sprigs dill

Scrub the cucumbers. Pack them in an upright position into large glass jars. Divide the salt, garlic and pickling spice and dill among the jars. Fill each jar to overflowing with water. Seal the jars. Store in a dark, cool place for at least 10 days before using.

BRANDIED FRUIT

Irma Rombauer in "The Joy of Cooking" describes this recipe as a sort of liquid hope chest. It can be served with a meat course or over puddings and ice cream or, as our grandparents would have loved it, with Russian tea.

In a cool place, place a large stoneware crock with a closely fitting lid. Pour in 1 bottle of brandy.

Add, as they come into season:

- strawberries
- pitted cherries
- gooseberries
- sliced apricots
- peeled sliced peaches
- pineapple
- skinned grapes

Use whatever fruits you like; preferably about 5 kinds. Avoid apples, bananas and very mushy berries. All the fruit used must be perfect. With each addition of fruit add an equal amount in weight of sugar. Stir the mixture every day until the last of the fruit has been added. Secure the lid well after opening. The mixture will keep indefinitely (I don't think anything terrible will happen if you don't stir every day. And only stir while the process of adding fruit continues.)

BRANDIED PEACHES OR PEARS

- 4½ lb. peaches or pears
- 4½ lb. sugar
- 1 pint water
- 1 pint brandy
- 1 tablespoon cinnamon sticks
- 1 tablespoon whole cloves

Peel and weigh the fruit. Boil sugar and spices (tied in a bag) with water. Boil until clear and all the sugar is dissolved. Drop in the fruit, a little at a time. Allow the fruit to boil until tender, but not soft. As each lot of fruit cooks, place it on a platter to drain. Let syrup boil until thick, cool, add brandy and stir well. Place fruit in sterilised jars, cover with syrup and seal.

WATERMELON KONFYT

- 3½ lbs. watermelon rind, outer skin and all pink part removed
- ½ cup salt
- 2 quarts water
- 2½ lbs. sugar
- 1½ cups vinegar
- 3 cinnamon sticks and 3 whole cloves tied in a bag

Soak watermelon overnight in brine made of salt and water. Don't use table salt, but coarse salt. Drain. Cover with cold water and cook gently until tender, about 1½ hours. Drain well. Boil together sugar, vinegar and spices. Add cooked rind. Bring slowly to the boiling point. Remove from fire. Let stand overnight. Reheat for 3 consecutive days. After reheating for the last time, turn into hot sterilised jars. You can add ginger to the syrup or some ginger root to the spices in the bag.

SPICED ORANGES

(Wonderful with cold meat)

- 5-10 large navel oranges
- 1 pint white vinegar
- 2½ lbs. sugar
- 1½ sticks of cinnamon
- 1 tablespoon cloves
- 6 blades of mace

Slice the oranges about $\frac{1}{4}$ in. thick and lay them in a pan. Barely cover with water. Simmer, partly covered, until tender. Take off heat. In another pan put the vinegar, sugar and spices and boil well together until clear. Drain the oranges and keep the liquid. Lay half of them in the syrup, making sure there is enough liquid to cover. Simmer for about $\frac{1}{2}$ hour until the oranges turn clear. Lift out of the saucepan and place in a shallow dish. Put the rest of the oranges in the pot and if not covered by the syrup use the drained orange juice.

Cook as before. Turn all into a bowl, cover and leave overnight. If the syrup is thin, pour off the oranges and boil it until thick. Add the slices and reboil. Pour into sterilised jars and keep about 6 weeks before using.

GREEN TOMATO PICKLE

- 4 lbs. small, very firm green tomatoes
- 4 lbs. sugar
- $\frac{3}{4}$ cup vinegar
- 2 teaspoons pickling spices

Wipe tomatoes and cut away any specks. Put into a pot with cold water and enough vinegar to make it slightly acid. Leave till next day.

Put $\frac{3}{4}$ cup vinegar in a saucepan with the sugar and boil until clear, stirring with a wooden spoon. Add some of the tomatoes and boil gently for a few minutes. Take out and put into jars which have been sterilised and rinsed with a little brandy. Continue until all the tomatoes are done. Add the pickling spices to the juice and boil slowly for about 10 minutes. Pour strained juice over the tomatoes in the jars.

SPICED PRUNES

Wash prunes and soak overnight in cold tea. Boil together $\frac{3}{4}$ pint vinegar and $\frac{1}{2}$ lb. sugar with a teaspoon mixed spice for every 1 lb. prunes. Tie the spice in a muslin bag. Cook the prunes in a little of the tea in which they were soaked for about 10 minutes. Drain. Add $\frac{1}{2}$ pint of the juice to the spiced vinegar. Pour liquid over the prunes. Put into jars and cover. Use after 24 hours.

PICKLED STUFFED PEPPERS

- 12 green peppers
- 1 gallon water
- 1 cup plus 1 tablespoon kitchen salt
- $1\frac{1}{2}$ quarts shredded cabbage
- 1 cup chopped onions
- 1 pint vinegar
- 1 cup chopped celery
- 3 crushed cloves garlic
- 2 tablespoons mustard seed
- 3 tablespoons celery seed
- $\frac{1}{2}$ cup sugar

Remove the stems and seed from the peppers, leaving the shells whole. Mix the water with one cup of the salt, press down the peppers with a heavy weight and soak in the salted water overnight.

Mix the cabbage with the remaining salt and let stand while preparing the other ingredients. Press out all the liquid that has accumulated and add the onions, celery, garlic, mustard seed, celery seed and sugar. Mix well. Drain the brined peppers and stuff with the cabbage mixture. Pack in sterilised jars. Heat the vinegar to boiling and cover the peppers. Seal and store for at least 3 weeks before serving.

PICKLED ONIONS

- 2 lbs. small pickling onions
- 1 bottle brown vinegar
- salt, sugar to taste
- boiling water

Peel onions and pack tightly in honey-type jars. Boil the vinegar with $\frac{1}{2}$ vinegar bottle of water. Add sugar, salt, peppercorns and a red chilli. Pour vinegar mixture over onions in bottles to overflowing. Seal jars. Leave to pickle for a few days before using.

MARMALADE

- 4 lemons
- 4 oranges
- 1 grapefruit
- sugar and water

Peel the fruit thinly and slice peel in long thin strips. Slice fruit and to every 1 lb. fruit add $1\frac{1}{2}$ pints water. Place the pips in a muslin bag. If you want a very clear marmalade, then add the white pulp to the pips in the bag. Allow skins, fruit and pulp and pips in bag to boil until the skin is very tender, about 1 hour. Remove bag. To every 1 lb. of fruit add 2 lbs. sugar. Stir well, to dissolve sugar, and bring to rapid boil. Keep boiling rapidly until jam has reached the "jell" stage. Remove from heat and allow to cool slightly before packing into sterilised jars.

ORANGE MARMALADE

- 4 oranges
- 1 lemon
- cold water and sugar

Wash fruit. Peel rind very thinly and slice into strips. Cut fruit into pieces and remove pips. You can put these into a muslin bag as in the previous recipe. For every cup of fruit add $1\frac{1}{2}$ cups water. Allow to stand overnight. Pour into large saucepan, let cook slowly for about $1\frac{1}{2}$ hours or until tender. Again let stand overnight. For each cup of fruit, add 1 cup of sugar. Cook for 20 minutes or until it jells. Pour into hot sterilised jars. Cover with paraffin (melted candlegrease).

STRAWBERRY JAM

- $\frac{3}{4}$ lb. sugar to every 1 lb. strawberries
- juice of 1 lemon to every 3 lbs. strawberries

Crush a few tablespoons of the strawberries and put into a saucepan with a few tablespoons sugar. Put over low heat until the sugar has dissolved, add the rest of the fruit and bring slowly to the boil. Stir occasionally. Warm the rest of the sugar in the warming oven, add to the pan with the lemon juice. Boil rapidly for 10 minutes or until, on testing, the jam has set.

TEST

Take a small quantity of the jam and put it on a plate. Chill as quickly as possible. Push the jam with your fingers. If it crinkles and a drop of the jam on the finger will not fall, then it is ready.

BLACK CHERRY JAM

- 4 lbs. cherries
- 2¼ lbs. sugar
- 1 rounded teaspoon citric acid

Stone the cherries. This can be done with a special cherry pitter or with a hairpin. Fix a hairpin into a cork and scoop out the pip with the rounded end. Crack about 2 dozen of the pips and use the kernels. These can be blanched like almonds. Add the kernels to the fruit with the sugar and stand overnight. Barely cover the rest of the stones with water, boil 30 minutes and strain. Keep the water and add to the cherries with the acid and bring to the boil. Boil hard for about 30 minutes until set.

PRESERVED KUMQUATS

- 2 lbs. kumquats
- 2 dessertspoons soda water
- 2 cups syrup
- 2 cups sugar

Wash kumquats well and drain. Place in a deep pot and sprinkle with soda. Cover with boiling water and allow to stand until cool. Wash 3 times in fresh water, using a hard brush to remove the oil from the kumquats. Drain. Cut crosses ¼ in. deep in the stem and blossom ends. Drop one at a time into rapidly boiling water to cover. Cook until tender, about 10 minutes.

Prepare a syrup by boiling together the syrup, sugar and 3½ cups water for 10 minutes. Add the drained kumquats. Boil slowly, stirring occasionally, until the fruit is partly transparent and the syrup thickens, about 20-30 minutes. Take off from heat and cover. Let stand overnight.

Reheat to boiling and pack the kumquats into hot sterile jars. Bring the syrup again to a boil and pour it over the fruit to within ½ in. of the top. Seal immediately.

LEMON CURD

- 3 ozs. butter
- 2 large lemons
- ½ lb. loaf sugar
- 3 eggs

Put the butter into a double boiler, add the sugar rubbed all over the lemon rind. This will flavour the sugar. Add the juice of the lemons and the beaten eggs. Stir constantly over a moderate heat until thick. Store in a cool place.

BEVERAGES**ORANGE AND LEMON SQUASH**

- rind and juice of 6 oranges
- rind and juice of 3 lemons
- 3½ lbs. sugar
- 12 cups boiling water
- 1 packet Epsom salts
- 1 packet citric or tartaric acid

Mix all ingredients in a basin. Add the skin of a pineapple if you like. Leave overnight and strain the next day.

GRENADILLA SQUASH

- 2 pints grenadilla pulp
- 3½ lbs. sugar
- 1½ ozs. citric acid
- 20 grains benzoic acid (obtainable at the chemist)

Add water to pulp. Add sugar and bring to the boil. Dissolve acid separately in a little boiling water and add to the pulp mixture. Cool, strain and bottle.

ICED TEA

Prepare very strong tea, using twice the amount of tea leaves you usually use. Boil together 4 cups water and 2 cups sugar. Stir until sugar is dissolved and then boil without stirring for 10 minutes. Crush 4 sprigs of mint and add to the sugar mixture. Add the sugar to the tea, made with 8 cups water. Add 1 cup lemon juice. Strain and allow to refrigerate. Delicious drink in hot weather. Serve in tall glasses.

ICED COFFEE

Make double strength coffee. Sweeten the coffee with a sugar syrup, made by boiling 1 cup water and 1 cup sugar together. Fill tall glasses with crushed ice cubes and pour the coffee over the ice. Serve with whipped cream, sprinkled with cinnamon.

TOMATO JUICE

Simmer for 30 minutes:
12 raw tomatoes

with

- ½ cup water
- 1 slice onion
- 2 ribs celery with leaves
- ½ bay leaf
- 3 sprigs parsley

Strain and season with:

- 2 teaspoons salt
- ½ teaspoon paprika
- 2 teaspoons sugar

Serve chilled.

GINGER BEER

- 2 gallons water
- 2½ lbs. sugar
- ½ cake yeast
- ½ packet cream of tartar
- ½ packet tartaric acid
- ½ cup bruised and crushed ginger

Boil water, sugar and ginger. Remove from heat. Add cream of tartar and tartaric acid. Allow to cool to lukewarm and add yeast. Stand overnight and strain into bottles. Tie the corks down securely.

GINGER BEER (2)

- 12½ pints cold water
- 1 lb. 12 ozs. white sugar

- 1 heaped teaspoon cream of tartar
- a big handful of raisins

- 8 - 12 teaspoons ground ginger
- 1 cake yeast dissolved in a little warm water with 1 teaspoon sugar

Put cold water into a large enamel container. To this add the sugar, cream of tartar, raisins, ground ginger. Stir with wooden spoon. Mix yeast with sugar and water to make 1 cupful. Leave this in a warm place for about 5 minutes to ferment. Stir yeast mixture into ginger mixture. Leave covered with a net for 24 hours. When the swollen raisins float on the top this will indicate that the ginger beer is ready to be bottled. Bottle and leave uncorked in the refrigerator or bottle and tie the corks down very well.

Passover Cakes

SAND CAKE

- ½ lb. butter
- ½ lb. castor sugar
- ½ lb. potato flour
- 3 eggs
- pinch of salt
- 1 tablespoon brandy

Cream butter and sugar very, very well. Add eggs, one at a time and beat well after each addition. Add potato flour gradually. Lastly add 1 tablespoon brandy. Bake in moderate oven in a high cake tin.

LAYER CAKE

- 8 eggs, separated
- ½ lb. castor sugar
- ¼ lb. potato flour
- juice and rind of 1 lemon
- pinch of salt
- 1 tablespoon brandy

Beat yolks and sugar till very light. Add potato flour little by little. Mix well. Add rind and juice. Beat egg whites until stiff and fold into yolk mixture. Bake in 2 large sandwich tins in a moderate oven. Sandwich together with jam and cover with icing.

PASSOVER NUT COOKIES

- 3 eggs
- ½ cup sugar
- 2 tablespoons brandy
- 2¼ cups ground almonds or hazel nuts
- 1 tablespoon matzo meal

Beat the eggs until light. Add the sugar, beating until thick. Add the brandy. Mix well. Pre-heat oven to 325. Fold in the nuts thoroughly. Shape into 1 in. balls and place on baking tin, 2 ins. apart. Bake for about 15 minutes or until lightly browned. Take cookies off tin immediately after removing from oven.

MATZO PIE CRUST

- 4 Matzos
- 2 tablespoons oil
- ½ cup matzo meal
- 4 eggs
- 4 tablespoons sugar
- ¼ teaspoon salt
- ½ teaspoon cinnamon

Soak matzos in cold water for 5 minutes. Drain and squeeze dry. Heat oil or butter. Add matzos and heat until dry in the same pan. Add remaining ingredients and mix well. Pat mixture on bottom of pie dish about ¼ in. thick. Fill with desired fruit filling. Bake in moderate oven about 30 minutes. Bake unfilled if you wish. Add filling, such as lemon meringue filling, when cool.

NUT CAKE

- ½ lb. ground hazel nuts
- 6 eggs
- 1 cup sugar
- 1 tablespoon instant coffee

Beat eggs very well. Add sugar and beat well. Add nuts and coffee (optional) and pour into a lined and greased loaf tin. Bake in 375 oven for 30 minutes or longer, depending on the size of the tin.

FARFEL COOKIES

- 2 cups matzo meal
- 2 cups matzo farfel
- 1½ cups sugar
- 1 cup raisins
- 1 cup nuts, chopped
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¾ cup oil
- 4 eggs

Combine dry ingredients. Beat in eggs and oil. Drop by teaspoonsful on a greased baking tin. Bake in 375 oven for about 25 minutes.

CAKE FAILURES

IN BUTTER CAKES:

IF THE CAKE IS TOO DRY

Too much baking powder or soda. Oven temperature too low. Too much sugar.
Baked too long.

IF THE CAKE FALLS

Too much baking powder or soda. Oven temperature too low.
Baked too short a time.

SPLIT TOP OF CAKE

Too much flour (loaf cakes must have a split along the top.)

UNDERSIZED CAKE

Not enough baking powder or soda. Oven too hot. Ingredients not mixed well enough.

IN SPONGE, CHIFFON OR ANGEL CAKES:

CAKE TOO HIGH

Too hot an oven.

HEAVY AND SMALL

Oven too hot. Ingredients beaten too much.
Cake removed from pan while still hot.

STICKY OR HARD CRUST

Baked too long. Too much sugar. Too hot an oven.

COARSE-GRAINED CAKE

Eggs not beaten well enough. Ingredients not thoroughly mixed.

A Guide to Oven Temperatures

Electric		Gas		Coal
275°—320°F	=	$\frac{1}{2}$ —1	=	Very Slow
325°	=	2	=	Slow
350°	=	3	=	Mod. Slow
375°	=	4	=	Moderate
400°	=	5	=	Moderate
425°	=	6	=	Hot
450°	=	7	=	Very Hot
475°	=	8	=	Very Hot
500°	=	9	=	Very Hot

VEGETARIAN MENUS

by courtesy of Mr. Sam Busa

Vegetarian eating can not only be interesting, but foods can be prepared simply and, when necessary, in an exotic manner.

Mr. Sam Busa, a well-known teacher of Yoga and Physical Culture, has kindly given us the following recipes for vegetarians and others who would like an occasional change in their way of eating. As a proprietor of a health centre, Sam has studied dietetics extensively. We thank him and Mrs. Busa for their co-operation.

CHEESE SOUP

- 1 can condensed mushroom soup
- $\frac{1}{2}$ teaspoon dry mustard
- Dash of cayenne pepper
- $\frac{1}{2}$ teaspoon Worcester sauce
- $\frac{1}{4}$ cup milk
- $\frac{1}{2}$ lb. grated cheese

Combine condensed soup and seasoning in pan. Add milk gradually. Blend well. Add grated cheese, stirring occasionally until cheese is melted. Sprinkle each serving with additional cheese. If soup is too thick, add a little water. Condensed pea soup may be used instead of mushroom soup.

TOMATO AND CELERY SOUP

- 1 quart tomatoes
- 1 small bunch celery
- 1 onion
- 1 level tsp. salt
- 1 cup carrot juice
- 1 quart water

Cut outer leaves and stalks of celery into large pieces. Add onion and cook in water until tender. Mash tomatoes and carrot juice and strained celery water. Bring to boil and serve.

POTATO AND LEEK SOUP

- 4 good-sized potatoes—diced
- 3 leeks cut into rounds
- Water, milk, butter, salt and black pepper

Boil potatoes in enough salted water to cover. Boil leeks with them. Mash potatoes but leave leeks as they are. Heat again to almost boiling point, using same water. Then add milk and make the mixture the consistency of thick cream. Do not allow soup to boil. Serve with black pepper and a nut of fresh butter in each plate.

CARROT SOUP

- 10 young carrots
- 1 stick soup celery
- 1 small turnip
- $\frac{1}{2}$ cup pearl barley
- 2 tablespoons chopped parsley
- 2 tablespoons butter
- 3 spring onions
- 1 quart water
- $\frac{1}{2}$ oz. flour
- seasoning

Boil barley in half the water until soft. Drain and set aside the liquid. Chop vegetables finely and place in pan with melted butter. Stir until butter has been absorbed. Add the barley water and the other half of the water and cook gently until all the vegetables are soft. Pass all through a sieve. Thicken with flour, blended with a little milk to a smooth paste and season to taste. Garnish with parsley.

LENTIL AND TOMATO SOUP

- 8 oz. brown lentils
- 1 tablespoon wholewheat flour
- $\frac{1}{2}$ lb. tomatoes
- 2 pints brown stock
- 1 clove garlic
- 1 medium onion
- 1 stick celery
- 2 oz. butter
- little lemon juice
- chopped chives to garnish
- seasoning

Slice onion and fry in large pan with butter until golden colour. Add flour and stir. Add stock and lentils, sliced tomatoes and celery. Bring to boil and simmer, covered, for one hour. Sieve and reheat. Add lemon juice and season to taste. Serve in hot tureen garnished with chopped chives and fingers of fried bread. Finely grated cheese may be passed with the soup.

POTATOES IN METHI

- 1 clove garlic
- 2 medium onions
- 2 tablespoons Dhunia leaves
- 4 tablespoons Methi leaves
- ½ lb. potatoes
- 1 large tomato
- 1 tsp. cummin seed
- 2 chillies
- pinch tumeric
- salt

Put cloves through garlic squeezer and fry in a little oil. Add cummin seed and fry for a few minutes, then add chopped onions. Fry until soft but do not brown. Chop tomato, dhunia and methi leaves and chillies, and stir into onions with the tumeric. Cook until softened, about three-quarters of an hour, stirring frequently. Add diced potatoes and cook until tender, adding salt when half done. Peas may be added if liked. Carrots are delicious done this way.

SPINACH AND LENTIL SOUP

- ¼ lb. spinach
- 2 onions
- 1 tsp. cummin seed
- 1 tablespoon each dhunia and methi leaves (optional)
- 1 cup lentils
- 3 tomatoes
- salt and pepper
- ¼ lb. large mushrooms

Brown the sliced onions in ½ cup hot oil with the cummin seeds. Add chopped tomato, dhunia and methi leaves and simmer gently for ½ hour. Add washed lentils (dried — red or brown) and stir well to coat them with the sauce. Add sufficient water to cover the lentils by ½ inch and simmer for ½ hour. Add washed shredded spinach and mushrooms and two pints water and continue cooking slowly for about ½ hour or until spinach, lentils and mushrooms are tender. Add salt and pepper 10 minutes before the soup is ready.

GRAM WITH TOMATO SAUCE

Soak required amount of gram overnight.

- ½ cup oil
- 1½ teaspoons cummin seeds
- 3 or 4 sliced onions
- 3 or 4 skinned tomatoes
- chopped chillies (optional)
- 2 tsp. tumeric

Place a ½ cup oil in a large thick-bottomed saucepan, and when hot add 1½ tsp. cummin seeds and sliced onions. Cook slowly and when soft add chopped skinned tomatoes, salt and pepper. If liked, chopped chillies can be added. Cook gently for 20 minutes, then add the drained gram and tumeric mixed first with a little water. Cook until gram is soft but not mushy.

SALADS AND SALAD DRESSINGS**CUCUMBER SALAD**

- 1 medium-sized cucumber
- 1 glass yoghurt
- 1 onion chopped
- 2 tablespoons oil
- ½ teaspoon chopped dill
- ½ teaspoon chopped parsley
- paprika, salt and pepper to taste

Peel the cucumber, score it lengthwise with a fork and cut off the ends. Slice very thinly. Sprinkle with salt and pour on the oil. Whisk the yoghurt until creamy, and add the finely chopped herbs, onion and paprika. Mix with the cucumber and serve at once.

SUMMER SALAD

- 1 cucumber
- 2 green peppers
- 8 tablespoons oil
- pinch brown sugar
- 1 tablespoon finely chopped herbs (parsley, chives, basil)
- ½ lb. tomatoes
- 2 tablespoons lemon juice
- celery salt
- vegetable salt

Wash the cucumber, score it with a fork and slice very thinly. Slice the tomatoes. Toast the peppers for a second over a flame (this makes the skins easy to remove and the vitamins are kept intact). Remove the membrane and the seeds and then cut into thin strips. Mix all the vegetables with a little celery salt and some of the oil. Make a dressing of the remaining oil, the lemon juice, sugar and herbs. Pour this over the salad.

APPLES AND CELERIAC

- 1 celeriac
- juice of one lemon
- vegetable salt
- few walnuts
- 2 apples
- 3 tablespoons oil
- pinch brown sugar

Peel the celeriac and the apples, and cut into very fine slices. Sprinkle with a little lemon juice so that they do not go brown. Make a dressing of the remaining lemon juice, the oil, salt and sugar. Mix with the finely chopped walnuts and pour over the salad. Allow to stand covered for one hour before serving.

Thinly sliced celeriac can also be mixed with bananas, and dressed with lemon juice and cream. Halved peaches or pears can be filled with cream cheese mixed with grated celeriac and nuts. Celery can be used if celeriac is not available.

VEGETABLE ENTREE DISHES

SAVOURY PIE

CRUST :

- 8 oz. flour
- 4 oz. vegetable fat
- $\frac{1}{4}$ cup milk
- 2 level tsp. baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon milk

FILLING :

- Equal amounts of chopped onion and diced potatoes
- Slightly more of cooked asparagus
- About $\frac{1}{2}$ cup white sauce
- Grated cheese

Sift the flour, salt and baking powder. Rub in the vegetable fat until the mixture looks like bread-crumbs. Mix to a soft dough with the milk. Turn on to a floured board and roll into the required shape. Cut slits.

FILLING :

Parboil an equal amount of onions and potatoes and place them in an oven dish, the onions on the top. Sprinkle with vegetable salt, then place fresh cooked or canned asparagus on the top of the vegetables. Pour over enough white sauce to cover the potatoes and onions, sprinkle with grated cheese, preferably, parmesan, and cover with the crust. Brush with milk and bake at 425 degrees for 20 to 25 minutes.

VEGETABLE PIE

- 4 medium-sized carrots
- Packet frozen peas
- 2 large onions
- 4 medium-sized potatoes
- Can creamed mushrooms
- 1 tomato
- 4 tablespoons grated cheese

Dice carrots and boil for about 15 minutes. Add small packet frozen peas. In another pot boil onions and potatoes, quartered. Allow to cool, then add can of creamed mushrooms, 1 chopped tomato and the grated cheese. Mix all ingredients together. Season with salt and pepper. Put into ovenproof dish, cover with pastry and brush with milk. Stand dish in pan of water and bake in hot oven—450 degrees—for about 20 to 25 minutes.

GREEK ONIONS

- 12 small onions
- 1 cup apple juice (Jax)
- $1\frac{1}{2}$ tablespoons each sultanas and currants

Prepare the onions (not pickling onions). Clean the fruit and place all ingredients in an oven dish with a very little water. Cover and bake in a slow oven for two hours. Stir once, during cooking.

CHINESE MIXED VEGETABLE CHOP SUEY

Use any of the following:

- Onion, leek, mushrooms, bean sprouts, bamboo shoots, water chestnuts, celery, green pepper, spring greens.

Wash, clean and then slice them into very thin strips. Shallow fry them in a little oil in a hot pan. Add a little water and simmer for 10 minutes. The dish is then ready to serve in its own juice.

SERBIAN VEGETABLE GOULASH

- Red or white cabbage
- Sweet peppers
- Onions
- Tomatoes
- Salt and pepper
- Oil or water

Stew in very little water or oil the coarsely sliced cabbage and sliced onions with some sliced green peppers, and finish stewing with chopped tomatoes. Salt and pepper to taste.

The same can be done with cauliflower, carrots, brussel sprouts, beets with the leaves, instead of the cabbage.

CORN AND LIMA BEANS

- 2 medium mealies
- 10 stuffed green olives
- 1 packet frozen lima beans
- milk, salt and pepper

Cut the mealies off the cob and simmer gently in sufficient milk to cover. When they are nearly soft add the lima beans and cook until they are soft, and the sliced stuffed olives. Five minutes before the vegetables are ready, thicken the sauce with a little cornflour mixed with water to a paste and stir in with the salt and pepper. Add a nut of butter, stir and serve.

MACARONI CHEESE IN BOMBAY SAUCE

- 2 oz. macaroni
- bombay tomato sauce (recipe above)
- 1 lb. cream cheese

Make the tomato sauce and add the cream cheese, stirring well. The dry, crumbly cheese is the best as it sets better. Cook the macaroni as instructed on packet, and drain well. Stir it into the cheese sauce mixture very gently, and pour into a greased dish. This can be served hot or cooked till set, and sliced for serving with salads.

A very tasty dish, either hot or cold.

INDIAN DISHES

All Indian spices, etc., are obtainable at the Indian stores in Diagonal Street.

BOMBAY TOMATO SAUCE

- ½ lb. onions
- 4 tablespoons oil
- ½ lb. tomatoes
- 1½ teaspoons ground coriander seeds
- small thumb ginger
- 1 tsp. cummin seeds
- chillies to taste
- salt to taste
- pinch tumeric

Heat oil in pan and add cummin seeds; cook for five minutes to soften the seeds, then add chopped onions. Cook slowly but do not brown. When soft, add skinned, chopped tomatoes, salt, finely sliced ginger and ground coriander seeds. Add the chopped chillies but remember this is to your own taste (I have seen 8 to 10 chillies added to this sauce in India, and enjoyed it!) Let the sauce simmer gently until very soft, adding water if it tends to dry.

This sauce can be used for many vegetarian dishes. Add water to thin a little, and use it to cook lentils, rice, potatoes, peas, cabbage, cauliflower, or any mixture of these vegetables. Cook gently to avoid burning or sticking until the vegetables are done.

VEGETABLE SAMOOSAS

- 4 large potatoes
- 2 oz. butter
- 2 lbs. plain flour
- 1 cup curd (yoghurt)
- ½ lb. peas
- 1 onion
- 1 tsp. baking powder
- ½ teaspoon chilli powder
- oil for frying
- salt

Boil the peas until soft, strain and leave aside. Pare, wash and slice potatoes. Melt the butter and brown the sliced onion—add the diced potatoes and cook a little before adding the peas, chilli powder and salt. Close the lid firmly and allow to cook in its own steam—add no water. When the potatoes are soft, remove to a plate and cool.

Mix flour, salt and baking powder, curd and as much water as is necessary to form a stiff paste. Roll the paste out thinly and cut into rounds—3 inch diameter. Place a little of the vegetables in the centre of each round, moisten the edges with water and fold over on three sides in the form of a triangle. Seal the joins carefully. Have ready the hot oil in a frying pan, and carefully place the samosas in—a few at a time, cooking each side until a golden brown.

CHANA CHUT-PATI

- 1 cup chana dal
- ¼ cup haricot beans

Soak these ingredients overnight.

Boil the chana for one hour before adding beans. Boil in salted water until soft. This will take a few hours and can be done the day before. Strain and add to the following:

- 2 onions
- 2 tomatoes
- 1 clove garlic
- ½ teaspoon each of ground ginger, ground coriander seed, cummin seed, red pepper
- 2 chillies
- 1 tablespoon dessicated coconut
- 1 tsp. tumeric

Fry finely sliced onion in the hot oil with the cummin seed, and when slightly brown add all the other spices. Cook for a few minutes then add the chopped tomato and the green chillies whole. Cook for a further five minutes then add the chana/bean and cook until the chana/bean mixture has absorbed the oil and has become yellow. Cook very slowly so as not to break the beans, for a few minutes.

CURRIED BRINJAL (EGG PLANT)

- 1 lb. brinjals
- 2 oz. oil
- 1 tablespoon tomato paste
- ½ teaspoon ginger powder
- ½ teaspoon clove powder
- 2 onions
- 1 tablespoon coriander powder
- 2 cloves garlic
- 1 pint yoghurt
- 1 tsp. cummin seeds
- chilli powder
- salt to taste

Slice the onions, crush the garlic and fry in oil to a golden brown, adding the cummin seeds when nearly brown. Mix yoghurt with the other spices and add to the onions. Cook gently until the mixture is a thick paste, then add a little water to cook the brinjals. These are best used when small when the seeds are not yet dark, as they are used in India. Cut the ends off, wash and cut lengthwise. Cook in curry sauce until soft. As the yoghurt here is not as sweet as in India, and the brinjals are usually older, it may be necessary to add brown sugar to taste, and to peel the brinjals.

SALAD BOWL

Wash and chill lettuce leaves and spinach (two leaves per person). Just before mealtime break the lettuce into small pieces, remove the centre stem from the spinach and shred very finely. Put both into a bowl, and add any other salad ingredients you like, the more variety the better. Shake over some vegetable salt and pepper, and pour over this the lemon/honey dressing. Toss with a wooden spoon and serve at once.

ELBOW MACARONI SALAD

Boil the macaroni as directed on the packet. Drain and mix well with finely chopped celery, green peppers, chives and radishes. Pour over this sufficient mayonnaise to coat all ingredients and stir well. Chill and serve.

PEAR-NUT CHEESE SALAD

Using 8 pear halves, fill four with cream cheese that has been coloured with grated beets. Fill the remaining four with 4 tablespoons almond butter or ground nuts which has been moistened with orange juice. Place one of each on bed of lettuce and place on individual bowls.

AVOCADO CHEESE SALAD

Mix lightly:

- 6 oz. cream cheese
- 1 cup shredded cabbage
- 1 cup shredded carrots
- 1 cup diced avocado
- 1/2 cup seedless raisins or grapes
(soak raisins)

Serve on beds of lettuce leaves and garnish with chopped nuts and mint leaves.

FROZEN CHEESE FRUIT SALAD

- 4 oz. cream cheese
- 2 tablespoons honey
- 3 slices finely chopped pineapple
- 3 tablespoons mayonnaise
- 1 cup pitted cherries

Mix the cream cheese with the mayonnaise, then stir in the honey. Add the cherries, diced or grated pineapple, then fold in the whipped fresh cream. Chill well and serve on beds of lettuce leaves.

HONEY-SOUR CREAM DRESSING

- 1/4 cup lemon juice
- 2 1/2 tablespoons honey
- 3 oz. grated coconut
- 1/2 cup sour cream

Blend the honey with the lemon juice then mix into the sour cream. Just before serving stir in the grated coconut. This dressing is excellent with grated carrots.

RUBY-RED DRESSING (VITAMIN C)

- 1/2 cup rose-hip jelly
- 2 tablespoons lemon juice
- few drops onion juice
- 4 tablespoons oil
- pinch salt

Combine all ingredients and beat until smooth.

YOGHURT DRESSING

- 1 cup yoghurt
- 1/2 clove garlic
- 1/4 cup parsley
- 3 tablespoons brewers yeast
- 1 chopped onion
- 1/4 cup celery leaves
- 1 teaspoon honey
- 1/2 teaspoon salt

Chop onion, parsley and celery leaves. Put garlic through press. Mix all ingredients well.

HONEY MINT DRESSING

- 1 tablespoon lemon juice
- 2 tablespoons oil
- 1 1/2 teaspoons honey
- 1 tablespoon chopped mint

Mix the honey into the lemon juice until it is smooth. Add the oil and blend well. Stir in the chopped mint and serve at once.

CAKES, ETC.**DUNDEE CAKE**

- 2 oz glacé cherries
- 4 oz. blanched almonds
- 1/2 pint water
- 10 oz. butter
- 8 oz. sultanas
- 8 oz. currants
- 4 oz. mixed peel, chopped
- pinch of salt
- finely grated rind of 1 orange and 2 lemons
- 1 large tin sweetened condensed milk
- 10 oz. plain flour
- 3/4 level teaspoon bicarbonate of soda

Chop cherries and half of the blanched almonds, put with water, butter, fruit, chopped peel, grated rinds and the condensed milk in a saucepan. Bring to the boil stirring all the time, lower heat and simmer for three minutes. Remove and cool. Sieve flour and salt into a mixing bowl. Add bicarbonate of soda to cooled fruit mixture, and stir quickly. Add to the flour, etc., and mix quickly together. Pour into an 8-inch tin lined with grease-proof paper, brushed with butter. Spread evenly. Put remaining halved almonds on top. Bake for two and threequarter hours on middle shelf in moderately slow oven (325 deg. F.); cool for about 5 minutes in tin. Turn out on to wire tray.

FRIDGE CAKE

- 1 tin condensed milk
- 1 packet tennis biscuits
- 10 dessertspoons custard powder
- 1 tsp. vanilla or cherry essence
- $\frac{1}{2}$ cup lemon juice
- $4\frac{1}{2}$ cups milk
- 6 dessertspoons sugar

Line an oblong dish with a layer of the biscuit—filling the gaps with crumbs. Make a thick custard with the milk, sugar (brown), custard powder and the essence. Keep hot and beat well while using. Beat the condensed milk and the lemon juice and rind until it is smooth and creamy. Pour half the custard over the biscuits and let it set for a few minutes. Remember to keep the other half warm. Pour on to the custard half of the condensed milk mixture and spread it evenly and softly. Lay the rest of the biscuits on top of this, keeping back two. Pour remaining half of the custard. Crumb the two biscuits over the top, and put into the refrigerator for about six hours, or more. The custard should set very firmly and can be cut into thin slices. Place a few cherries on top to make a party dish.

HUNGARIAN APPLE PIE

- 1 lb. apples
- 6 oz. butter
- 3-4 tablespoons sour cream
- $\frac{1}{4}$ cup strawberry jam
- 8 oz. flour
- 2 oz. ground almonds
- 2 oz. sugar
- whipped cream
- salt

Stew apples in the usual way, or use $2\frac{1}{2}$ cups apple pulp. Sieve flour and salt into basin, rub in butter until the mixture resembles fine bread-crumbs. Mix to a dough with the sour cream. Knead on lightly floured board and put aside in cool place for $\frac{1}{2}$ hour. Mix ground almonds with sugar. Line a 9-inch plate with half the pastry, prick base with a fork and bake for 10 minutes in a hot oven. Remove and spread with strawberry jam and sprinkle with half the almond and sugar mixture. Spoon the apple into pie, sprinkle with the remainder of the almond and sugar mixture, cover with the remaining half of the pastry and glaze with water. Sprinkle with sugar, make a few slits in the top and bake in a hot oven for about 30 minutes or until lightly brown. Cool and top with whipped cream.

FOAM BISCUITS

- 1 lb. flour (4 cups)
- $\frac{1}{2}$ lb. butter
- 1 teaspoon bicarbonate of soda
- 2 teaspoons lemon juice
- $\frac{1}{4}$ teaspoon salt
- 1 cup castor sugar
- 4 tablespoons milk

Put milk, soda and sugar into a saucepan on a low heat and stir until sugar has dissolved and soda foamed. Removed from stove and cool. Sift flour and salt together and rub in the butter until the texture of breadcrumbs.

Now stir in the foamed sugar mixture and the lemon juice. Leave the dough in the fridge for a few minutes. Cut into fancy shapes or put through a cookie press (if the firmer dough is desired, add a little more flour until desired consistency is obtained).

Bake in hot oven for 10 minutes or until pale brown. Put together when cold with butter icing (optional).

This dough can be used for pie crusts, etc., if desired.

GINGERBREAD

- 1 cup syrup or treacle
- 4 tablespoons oil
- $\frac{1}{2}$ cup boiling water
- $2\frac{1}{4}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon bicarbonate of soda
- $\frac{1}{2}$ - 1 teaspoons ground ginger
- 1 teaspoon ground cinnamon

Add water to syrup or treacle. Mix and sift dry ingredients, combine the two mixtures, add oil and beat well.

Bake for one hour in a 325-degree oven in a loaf tin.

COOKING TERMINOLOGY

Blanch: To cover with boiling water for a specified brief time. A quick bath of cold water often follows the heat.

Caramelize: To melt sugar over medium heat in a skillet stirring until it is a pale brown syrup.

Coddle: To cook slowly in liquid which is kept below boiling point.

Devil: To mix with hot seasoning—pepper, mustard, etc.

Julienne: To cut vegetables into thin lengthwise strips.

Mask: To cover a food completely with a semi-fluid sauce such as mayonnaise.

Roux: A mixture of melted fat and flour.

Scallop: To bake food, usually in small pieces in a casserole with sauce, broken crackers or bread—topped with crumbs.

Scald: To heat to a point just below boiling. Usually done in a double boiler. Milk is scalded when bubbles gather at the sides and a skin forms over the surface.

Canned chops

dry min with oil
 - pan, add 2 tablespoons Curry powder
 - 2 cups boiling water, add 2
 cups vinegar, 2 tablespoons onion
 jam, throw this sauce
 over raw meat add
 salt as cook - this
 sauce stops the meat
 until done then put
 - over to brown.

Baked banana Hawaiian

bananas with cinnamon marshmallows
 orange juice.

Peel bananas cut into halves, place in a
 baking dish, sprinkle with orange juice, with
 cinnamon, dust lightly on top, bake, then with
 marshmallows, then bake again, let cool.

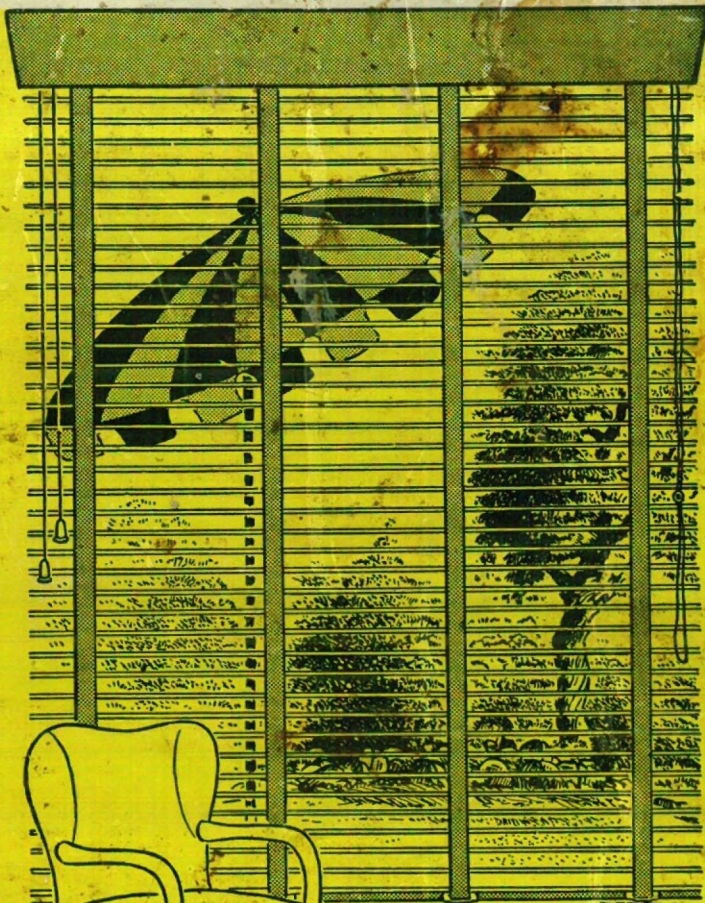
~~leaked canned beans
 beans having salt.
 orange juice with the
 sprinkle with oil.
 lemon, and nut, and
 was, little on top~~



add 1 teaspoon dry sherry, in each he looks

Put peaches and juice in pan, add rice
 of grated lemon, and add in that there is an
 add dry sherry. looks.

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